

TULE RIVER NEWSLETTER

Volume 6 Issue 2

February 2014



Tule River Tribal Council Election canceled!



Story on page 2

Tule River Elders have new officers



2014 Tule River Elder's Council from the left in the back is Secretary Linda Sue Santos, Chairperson Mary Hermieo, Member Patsy Vega, Member Lucy Rodilez and Member Raymond Flores Sr. Up front from the left are Vice-Chairperson Freda Carothers and Alternate Ludrie Gonzales. Fred Peyron on top far right was elected as the Treasurer and Donna Devine was elected as an alternate on the far right bottom were not present for the Council picture.

Story on page 14

- Tule River Tribal Council Chairman Neil Peyron
- Vice-Chair Amy L. McDarment
- Treasurer Kenneth McDarment
- Secretary Nancy McDarment
- Members Duane M. Garfield Sr. James Diaz Kevin M. Bonds Aaron Franco Sr. Yolanda Gibson

In This Issue

- Election canceled 2
- Drought Resolution 3
- Tree planting day 3
- Way to save water 7
- Frybread comes to TV 8
- Eagle Feather new 9
- Harlem Crown 11
- Youth Basketball 11
- Elders news 14
- New letter page 17
- Native Vets 18
- WIA news 20
- PCCIEA news 21
- Students of the month 22
- UNITY election 27
- 'Blackout' 28
- A little history 30
- TRAP 32
- Health 33
- Casino news 36
- Birthdays 41
- Events 43

Election now set for February 22nd

On Thursday, January 16th, In an historic event that has happened only one other time, the Tule River Tribal Council deemed that the Tribal Council Election that was set for Saturday, January 18th, be canceled due to inconsistencies. Tribal Member Nicola Larsen came before the Tribal Council with a petition signed by 150 people, this is a third of the eligible voters deeming that this issue may be taken to Tribal Council for consideration. Ms. Larsen cited that the process of compiling the eligibility of the candidates was not consistent with the Guidelines Governing the 2014 election. Specifically number eight [in the guidelines] stating, "All must be currently up to date on all outstanding financial obligations owed to the Tribe." Ms. Larsen was denied eligibility to run for Tribal Council because of a debt that the Fiscal Department claimed was owed. As it turned out the debt was a misunderstanding and had been judged an error that was cleared by the Elders Council Chairperson, Mary Heri-meo. There were many others denied the chance to run for Tribal Council for the same reason. Ms. Larsen also cited number 10, [in the guidelines], that states, "the closing date of eligible Council Candidates has been designated as Friday, January 3, 2014 at 5 p.m. The posting of those eligible Council Candidates will be on or before Monday, January 6, 2014." She said that the eligible Council Candidates list was not available at the time stated. It appears that there was some discrepancies with the time the Fiscal Department provided the information to the candidates and the Election Committee causing a delay in compiling the Council Candidates list. Proposed Candidates had been cleared by the Fiscal Department after the deadline and Ms. Larsen felt this was very unfair. Ms. Larsen also cited from the Constitution and Bylaws of the Tule River Indian Tribe of California Article IV Section 2, "It shall be the duty of the secretary to post the names of all candidates who have met these requirements, at least 10 days before the election." The list was not available in that specified time.

After a lengthy discussion and a review of the Tule River Constitution and Bylaws a motion was made by Kenneth McDarment and seconded by Aaron Franco that the Election be canceled and a new date be set. The motion was carried by a vote of four in favor, two opposed and no abstentions.

The Health Board and Elders Council elections were held as planned. However, the Tule River Health Board election was deemed invalid due to the lack of votes and will be in conjunction with the Tule River Tribal Council Election. The results of the Tule River Elders Council is elsewhere in this publication,

A new election has been scheduled for Saturday, Febru-

ary 22nd in the Brafford Room from 8 a.m. to 8 p.m. A Candidate Forum has been scheduled for Wednesday, February 19th in the Tule River Gym at 6 p.m.

A second edition of the Special Election Issue of the Tule River Newsletter will be published also. If you are running for Tribal Council or the Health Board and would like to be included in this issue and have questions please contact, Frances Hammond at 781-4271 ext. 1047, email Frances.Hammond@tulerivertrib-nsn.gov or come on by the Tribal Office. Your picture will have to be taken and you may submit a paragraph or two of what you stand for and what you plan while you are in office. These paragraphs must not exceed 200 words. The deadline to be included in the Special Election edition of Tule River Newsletter is February 14th at 5 p.m. Late submission will not be accepted. The issue will be available the afternoon of February 19th for the Candidate Forum.

SPECIAL ELECTION EDITION of The Tule River Newsletter

In the spirit of keeping the Community better informed of the upcoming election the Tule River Newsletter will, once again, publish a Special Election Issue. This issue will be available to the voters on Wednesday, February 19th. The issue will carry pictures of the candidates and a brief narrative of what they hope to accomplish while in office.

If you are running for Tule River Tribal Council or The Tule River Health Board and wish to be included in this special publication, you must visit Frances Hammond, Tribal Council Community Liaison, at the Tribal Office from 8 a.m. to 5 p.m., Monday through Friday, to have your picture taken and to submit your narrative. Narratives must be 200 words or less. The deadline to be included in the Special Edition is Friday, February 14th by 5 p.m. There will be no exceptions!

The 2014 Special Election Issue will be available at the mailboxes and the Tribal Office, Wednesday, February 19th after 2 p.m. Copies will also be available at the Candidate Forum that same evening. If you have any questions please call Frances Hammond at 781-4271, ext. 1047.

Emergency Drought Resolution passed by Tribal Council



Let it be known that on Thursday, January 30, 2014 that the Tule River Tribal Council passed a Resolution declaring the Tule River Indian Reservation is in an emergency state of drought.

Charmaine McDarment, Tule River Tribal Council General Counsel, came before the Tribal Council with a resolution of Declaration of Emergency Drought conditions. Travis Britton, Rangeland Management Specialist with the Bureau of Indian Affairs, also came before Council. After surveying the drought condition on the Reservation, it is his recommendation that there be an 80% reduction in grazing stock. This includes cattle and horses. All this coming after Governor Brown issued a statewide Drought Declaration on January 28, 2014.

You may view the Resolution on page 6 of this publication and on page 7 you will find important ways to conserve on water.

Start conserving now. We all need to do our part, California is in a full drought emergency!

Tree Planting Project calling for volunteers

“The Tule River Tribal Council entered into a partnership with 'Invest with the Ground Up' a statewide campaign to plant 125 trees on tribal land...”

By Vernon Vera, Director of Planning & Community Development



McCarthy Ranch, just one of the areas to be planted with trees.

“The Tule River Tribal Council entered into a partnership with Invest with the Ground Up—a statewide campaign to plant 125 trees on tribal land...” (Vernon Vera, Director of Planning & Community Development)

This state wide tree planting event will take place on Saturday February 15, 2014 at McCarthy Ranch, supported by up to (250) volunteers from throughout the local Native Community and surrounding areas, who will plant the trees under the supervision of Tribal Natural Resources and California Urban Forest Council staff. Following the day of planting, volunteers will be treated to a full lunch. Although, it may be difficult to enlist (250) volunteers, efforts to recruit support with the project are being made by various tribal programs: Tule River Youth; Towanits Education Center, Tule River Alcohol Program, Tribal Environmental Program, Forestry, and Natural Resources Programs. The one day planting project will invite and encourage community participation of all ages. It will promote and educate participants in proper tree care and maintenance, and tree selection standards amongst other focal points and values.

Planting of various species indigenous to the geographical area will be conducted at: McCarthy Ranch, Eagle Feather Trading Post, and other sites on the reservation. Approximately 75 Blue Oaks, in addition to 25 Maples, and 25 Red Bud shrubs will be planted along selected sites. The Red Bud shrubs are highly favored due to their use by Native Basket Weavers who use the bark of the Red Bud in basket making, which is a traditional craft of the Valley Yokuts.

This project supports the land, the right and need for clean air and its benefits for our communities and for all citizens. When (125) trees reach maturity they will have removed 5.3 tons of CO₂, and 1,250 lbs of pollutants every year. They reduce greenhouse gas emissions, including atmospheric carbon dioxide, and absorb air pollutants. This one day venture will also provide other benefits such as water quality improvement, public health, and energy conservation through the planting and growth of this new foliage.

The planting of indigenous trees and native shrubbery at McCarthy Ranch will enhance the natural beauty of the site, while contributing to the greater understanding of and use of traditional cultural resources. Those attending a scheduled event or taking pleasure in the serene atmosphere will be able to enjoy the ranch to a fuller extent with the adding of these native plants that will give off extra shade and cooler temperatures. Perhaps, more importantly, all volunteers who come out to assist with this project will have a hands on experience in creating a cleaner environment through a collective cultural conscience, that is rich in tradition.

Community Tree Planting Day Info Meeting

WEDNESDAY,
FEBRUARY 5TH
5PM
TULE GYM

Join the Recreation Staff, Education Staff, Future Generations Staff and Tule River Girl Scouts as we meet and talk about how to get volunteer groups together to help plant a 125 trees to beautify the Tule River Reservation.

TREE PLANTING DAY
February 15th, 2014
8:00am-12:00pm
McCarthy Ranch





Growing Trees Make Great Neighborhoods

Community Tree Planting Event

WHO: We need 250 volunteers!

WHEN: February 15, 2014, 8:30 am—12:00 noon

WHERE: McCarthy Ranch

32657 Reservation Road

Porterville, CA 93257

WHAT: We're planting **125 trees** in a single day to beautify our community and reap the many benefits trees have to offer.

WHY: When our 125 trees are mature, they'll remove 5.3 tons of CO₂ and 1,250 lbs of pollutants every year!

HOW: Bring shovels, gloves, and a water bottle. Car-pooling is encouraged!

Volunteers Needed!

Invest From the Ground Up will plant over 1,700 trees in one day at 20 locations in the SF Bay Area and Southern San Joaquin Valley.



Learn more about our statewide campaign at www.InvestFromTheGroundUp.org

**RSVP to Vernon Vera,
Tribal Planner**

Vernon.Vera@tulerivertribe-nsn.gov
or (559) 781-4271 ext 2010



IN THE MATTER OF:

Declaration of Emergency Drought Conditions)
on the Tule River Indian Reservation, California)

RESOLUTION NO. FY2014-39

BE IT RESOLVED BY THE COUNCIL OF THE TULE RIVER INDIAN TRIBE:

WHEREAS, the Tule River Tribe is governed under a Constitution and Bylaws duly adopted and approved by the Secretary of the Interior on January 15, 1936; and

WHEREAS, Article VI, Section 1 (a) of the Tribal Constitution authorizes the governing body to enter into negotiations with federal, state or local agencies on behalf of the Tribe; and

WHEREAS, the State of California, and much of the desert Southwest, is in the midst of a drought of historic proportions. California Governor Brown issued a statewide Drought Declaration this past week. On January 28, 2014, Governor Brown also issued a revised Water Action Plan with increased focus on the emergency drought conditions. Federal Secretaries Jewell, Pritzker, and Vilsack also issued a statement of support to the Brown declaration; and

WHEREAS, last year beginning in June, flows in the South Fork Tule River became so low that the Tribe was unable to divert river water to its treatment plant. As a result of the drought last year, the Tribe had to truck water onto the Reservation. Many tribal members ran out of water during the day due to the lack of supply and had to bathe at outdoor water tanks. During the hottest portions of the summer the Tribe brought elders to the Community Center to prevent them from overheating because there was no water to run their swamp coolers. Further, the water levels were so low last year that if there had been a significant fire on the reservation, the fire sprinkler systems in Tribal buildings, and Reservation fire hydrants, only had enough water to run for minutes before depleting supply and losing pressure. Last year's crisis forced Tribal members to often forgo the most basic element and necessity of life; and

WHEREAS, the current snow pack that feeds the South Fork Tule River indicates an even drier year than last. The Tribe is concerned that wells on the Reservation are in peril of running dry. It short, the Tribe is in a serious emergency that will only get worse as the year goes on.

WHEREAS, significantly low rainfall, has resulted in extreme drought conditions on the Tule River Indian Reservation; and

WHEREAS, these drought conditions have reached historic levels and now pose an imminent threat to public health, property and the economy of the Tule River Indian Reservation; and

WHEREAS, the dry conditions on the reservation have increased the threat to ranchers across the reservation by limiting hay and water supplies; and

WHEREAS, the dry conditions also increase the threat of grass fires on the Tule River Indian Reservation, and

THEREFORE BE IT RESOLVED that the Tule River Tribal Council, by the authority vested in it pursuant to the Constitution, Bylaws, and Laws of the Tribe, hereby declares that a state of emergency exists, and until further notice the Tribe and all lands and natural resources within the Tribe's Reservation boundaries are in a state of Drought. The Council hereby directs the Tribal Departments and staff to take all necessary actions to protect the land, water and natural resources of the Tribe given this state of Drought.

THEREFORE BE IT RESOLVED that the Tule River Tribal Council is attempting to devise strategies for dealing with the drought not only in 2014, after a very challenging 2013, but to address water security in a long-term, comprehensive manner. The Tribe requires the assistance of its Federal and State partners, and Congressional delegation, in this effort, and the Tribal Council will immediately commence discussions with relevant Federal and State partners, and Congressional delegation, to develop short and long-term plans of action to address this crisis situation.

BE IT FURTHER RESOLVED that the Tule River Indian Tribe calls upon its Congressional delegation members, and the Obama Administration, to uphold the government's sacred trust obligation to the Tribe, to put aside partisan politics, and to work effectively with the Tribe to find long-term solutions to its water security crisis. Tule River Tribal people should not be forced to endure another water season as they did last year; elders, women, and children should not be forced to bathe in outside makeshift shower facilities.

BE IT FURTHER RESOLVED that this resolution has not been amended or rescinded in any way.

CERTIFICATION:

UPON MOTION OF COUNCIL MEMBER James Diaz SECONDED BY COUNCIL MEMBER Kevin Bonds THE FOREGOING WAS ADOPTED BY THE TULE RIVER TRIBAL COUNCIL AT A DULY CALLED MEETING HELD ON January 30, 2014, AT WHICH A QUORUM WAS PRESENT BY THE FOLLOWING VOTES:

AYES: 6
NOES: 0
ABSTAIN: 0

Ways you can save water!



Our supplies are limited...so please use water wisely. Cutting water use inside and outside our homes is really important. If each of us changed our water-use habits, we could save billions of gallons of water. Here's how you can help:

What you can do and how much you can save:

Indoors

- Wash only full loads of laundry and dishes saves up to 50 gallons per week.
- Fix household leaks promptly saves up to 20 gallons per day.
- Spend only 5 minutes in the shower saves up to 8 gallons each time.
- Turn off the water while you brush your teeth saves up to 2.5 gallons per minute.
- Buy water-saving devices like high-efficiency toilets and clothes washers Some of these clothes washers are eligible for rebates! Saves many gallons per day and money too!



Outdoors

- Water your lawn 1 to 2 days a week instead of 5 days a week saves up to 840 gallons per week
- Check your sprinkler system for leaks, over-spray and broken
- sprinkler heads and repair promptly saves up to 500 gallons per month
- Use a broom instead of a hose to clean driveways and sidewalks saves up to 150 gallons each time
- Install a smart sprinkler controller that adjusts watering based on
- weather, soil type, amount of shade and plant type saves up to 40 gallons per day.
- Water your plants in the early morning or evening to reduce evaporation and ineffective watering due to wind saves up to 25 gallons each time.
- Mulch! Save hundreds of gallons a year by using organic mulch.



Talk to your family and friends about saving water. If everyone does a little, we all benefit a lot.

The World Wide Frybread Association lives on with Holt Hamilton's debut TV/ Web Series...



By Travis Hamilton, Holt Hamilton Productions
Happy New Year! I hope 2014 is a great year for you and yours.

We at Holt Hamilton Productions, are working hard on a new TV Series called 'Frybread'. This may be the first Native American Comedy TV Series ever produced.

It is the story of the World

Wide Frybread Association and their struggles, triumphs and attempts to bring frybread to its rightful place in society!

But... to make it happen we need your help. We have filmed over two-thirds of the pilot episode and are still a little short. We are looking for small contributions, as little as \$2, from many individuals to finish filming and editing the pilot episode. Once the pilot episode is complete, we will begin our search for major sponsors to complete the additional 12 episodes for a true 13 episode first season of 'Frybread'.

Please look over our Kickstarter campaign which we hope to have funded by February 14th at https://www.kickstarter.com/projects/holthamilton/frybread-the-tv-show?ref=home_location

Thank you if you can support this project in anyway. Please share this with all your friends, family and foes. We appreciate your effort in helping us make this project a success.

Hollywood is not making projects like this and we cannot do it without you. Thanks for your time.

Travis Hamilton, Producer

Holt Hamilton Productions

Support the 'Frybread' TV Series on https://www.kickstarter.com/projects/holthamilton/frybread-the-tv-show?ref=home_location.

The World Wide Frybread Association lives on with Holt Hamilton's debut TV/Web Series...

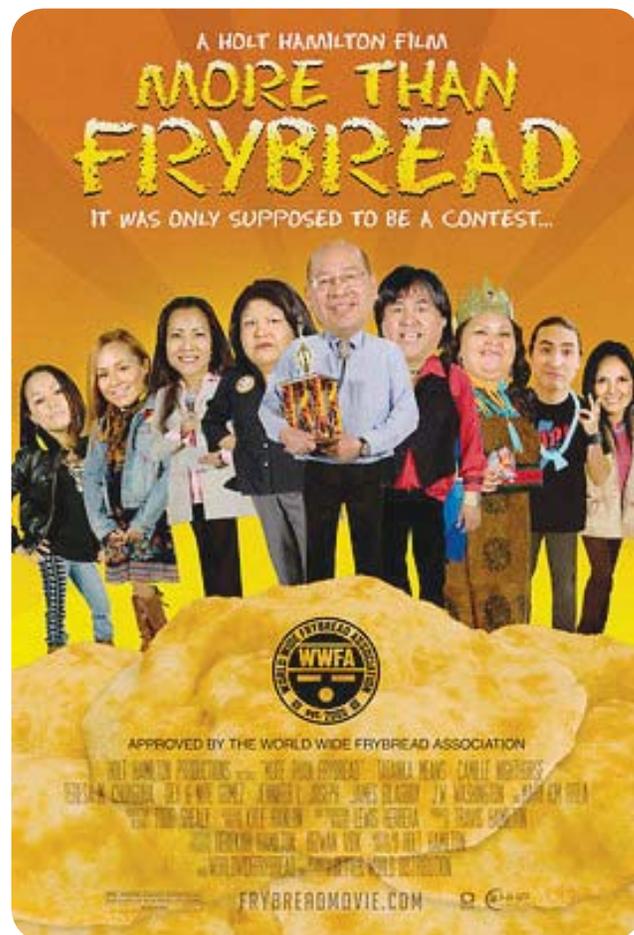
The STORY: The World Wide Frybread Association, also known as the WWFA, is under serious attack! The entire frybread organization, from small local chapters to the huge conglomerate, is on the verge of crumbling into history! The only hope of saving the WWFA from imminent death is one passionate frybread man known as... Mr. Donathon Littlehair (Former Arizona Frybread Chapter President). Mr. Littlehair must gather a team of frybread enthusiasts who will not only work to eliminate all frybread opposition, but who will even die to save the organization that's bankrupt, in litigation, and leaderless to name a few... Join Mr. Littlehair as he puts back to-

gether the World Wide Frybread Association one piece at a time in Director Holt Hamilton's TV Series 'Frybread'! Okay, okay, enough of the drama... this is supposed to be a comedy! First off, If you have no idea what the WWFA is or who Mr. Littlehair is, you may want to watch the award winning comedy feature film at <http://vimeo.com/ondemand/morethanfrybread>.

We have already filmed over two-thirds of the Pilot Episode! With the additional \$12,000 raised, we will be able to film the remaining script pages and complete the project through post production.

'Frybread' is our first attempt at producing a TV series and will be the first Native American TV comedy series available, as far as we know. We hope to find 2,000 partners who are willing to pledge the minimum \$6 reward. With an investment of \$6 you will get to stream the Pilot Episode before anyone else in the world has the chance to view it! In addition, helping us create a pilot episode, you will have given us a tool that we can then shop around to Investors and/or Sponsors that could allow us to shoot the remaining 12 episodes of Season #1. Imagine that, from a \$6 contribution, 'Frybread' may be off and running into seasons 2,3,4... all because you partnered and believed in us that we could pull it off. Thank you for helping us make tastier Native Cinema!

If you would like to see the movie visit <http://vimeo.com/ondemand/morethanfrybread>.



What's happening at Eagle Feather Trading Post



Melody Garcia, Shift Manager at Eagle Feather Trading Post is the 'Employee of the Month' for February.

Melody Garcia was named the 'Employee of the Month' for February by Store Manager Jim Nordness.

"First off, Melody is my Shift Manager," Said Mr. Nordness. "She carries the burden of the whole store when I am not here. She is very thorough, good at monitoring the employee's activities and has a great attitude. I can really depend on her to keep things running smoothly."

Melody is a full time employee at Eagle Feather Trading Post and will have been there for a year coming up in March. You may remember that this same honor was bestowed upon Melody in July of last year. To refresh your memory, she is also employed full time at Food 4 Less, married and the mother of six children.

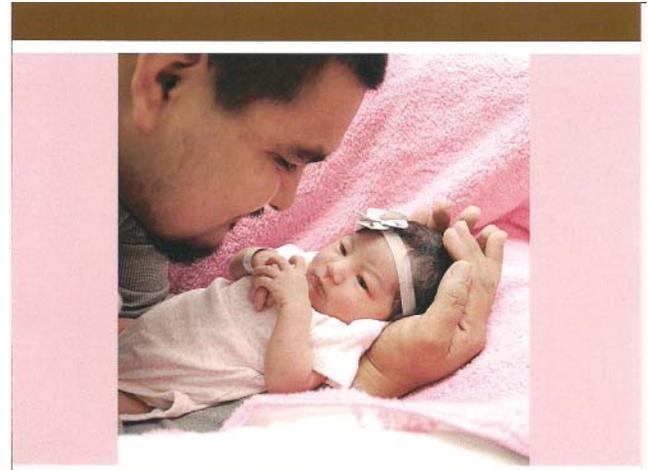
"I am really happy to work here, it is fun and I love my fellow employees," says Melody. "I am looking forward to working here many more years."

Melody will receive a \$25 gas card as her reward for being named 'Employee of the Month.'

So next time you see Melody tell her what a great job she is doing and congratulate her.



Welcom Arianna Poyomi Tamawkish Carabay



ARIANNA POYOMI TAMAWKISH CARABAY

12/24/13 | 3:03 PM | 7 LBS 5 OZ | 20 IN

GINA AND FRANKLIN



I've been waiting excitedly for months to introduce my new baby sister!

Arianna Poyomi Tamankish Carabay

Born December 24, 2013

7 lbs 5 oz. - 20 inches long.

I'm the proud big brother

Adaiah

Our proud Parents are:

Gina Pizano and Franklin Carabay

Our Proud Grandpartents are

Shauna Carabay, Wanda Thao and Hmong Thao

Our Proud Great Grandparents are

Sonnie Mae Rubio and Frederick M. Rubio Jr..

Happy Birthday Nacho!



James 'Nacho' Diaz celebrated his Birthday last month with Tribal Council treating him to and all the employees with cake and ice cream.

Many made jokes as to why no candles: "Forgot to get the fire permit!" "Couldn't find enough candles!" and "Didn't want to set off the sprinklers!"

Nacho laughed along with everyone telling his own joke that cannot be repeated here in the Tule River Newsletter! Many happy returns Nacho and many more!

Good job Wi-Ness



This is seven year-old Wi-Ness Garza a first grader at Citrus South Tule School and the grandson of Krista Byars. Why is he smiling so big, he won the coloring contest at Denny's. You can see his coloring creation at the bottom of the page. And for his artistic abilities he received coupons redeemable of course at Denney's. When asked what his favorite food at Denney's was his reply was, "Pancakes!" So now, he can have more pancakes! Congratulations, Wi-Ness for a job well done.

Community Meeting

Mark your calendars

Tribal Council Community Meeting

Saturday, May 3 at 9 a.m.

Tule River Gym.

All Community members

are invited to attend.

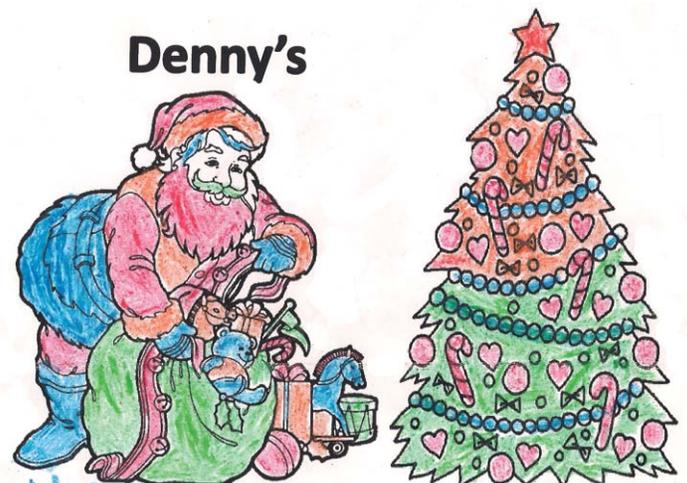
Come out and

voice your opinion.

Hear what your neighbors

have to say.

See you there!



Name: Wi-Ness Age: 7 Phone # _____ Return to Denny's on Henderson in Porterville, Ca.

A night with the Harlem Crowns



Manager Herbert Scaife Sr., with players Herbie Scaife Jr., Terrance Guyton, Noland White, Tion Lofton, Damon Powell and Mario Malaue are the Harlem Crowns.

Once again, the Tule River Prevention Team brought grand entertainment with a valuable message to the Tule River. Last month the Prevention Team hosted the famous Harlem Crowns Basketball Team.

The Tule River Rez Ballerz took on the Harlem Crowns with gusto and a spirit that Tule River can be proud of. The Harlem Crowns entertained with comedic gags causing game goers to roar with laughter. Engaging the audience as one Crown player 'found a new girlfriend in the crowd' and even taking kids to play in the game with the



The Tule River Rez Ballerz left from the back are Joe Boy Perez, Willie Carrillo, Jr, Thomas Perez Jr., Leo Acosta and Brent Moody. Up front are Toad McDarment, Koby Nieto and Falcon Atwell.

Continued on page 12

Youth Basketball standings



The Tule River Youth Basketball program has been playing throughout the months of December and January. The K-2nd grade Co-Ed team Coached by Richard McDarment Jr. is 3-1-1. The 3rd - 5th grade girls team Coached by Shawntaya Acosta is 2-3. The 3rd - 5th grade boys team coached by Brent Moody is undefeated. The 6th - 8th grade girls team coached by Mel Santos and Jessica Gonzalez is also undefeated. The 6th - 8th grade boys team coached by Redman Silvas is also undefeated. Closing ceremonies are February 8th at the McDermont Field House, after each game. The awards banquet will be held on February 11th, 2014 at the Tule River Recreation Gym at 5:30pm. Go Tule River!



Photos by Jessica Gonzalez

More with Harlem Crown



Signing in for tickets for some awesome raffle prizes.

'big boys.' Even the referees, Dennis Hunter and Tye McCord were not spared the comedic relief as Crown players egged them on. This was not a deterrent for Rez Ballerz, they gave it their all and Koby Nieto even got to play a quarter. But, alas when the buzzer buzzed and the smoke cleared it was Harlem Crowns 70 and Tule River 68.

Manager Herbert Scaife Sr., with players Herbie Scaife Jr., Terrance Guyton, Noland White, Tion Lofton, Damon Powell and Mario Malaue made up the Harlem Crowns. The Tule River Rez Ballerz were Brent Moody, Leo Acosta, Falcon Atwell, Joy Boy Perez, Thomas Perez Jr., Toad McDarment and Willie Carrillo, Jr. with Coach Richard McDarment Jr.

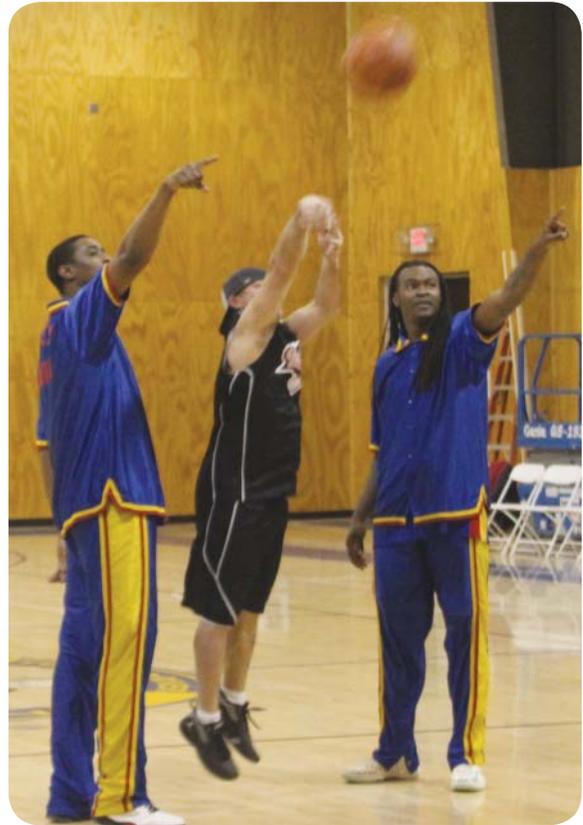
But, it was not all basketball, at halftime Manager and Player Herb Scaife gave a message of prevention from drugs, alcohol and bullying. All the Crown teammates gave speeches with a message of prevention with sports or other extracurricular activities such as music, acting or art." It can be anything," said one player, to keep the kids out of trouble and on the straight and narrow. All the speakers encouraged the kids, "to do good in school."



The Harlem Crowns at work!



Tulare County Alcohol Prevention Program was on hand to offer valuable information to the kids.



Brent Moody was the first brunt of a joke!

The team sponsors a program called 'Stay Clear from Drugs with Sports.' They hail from Oakland and tour the United State, Canada and Asia with their comedic actions and their professional basketball playing spreading the words of prevention.

The Tulare County Alcohol Prevention Program was on

Continued on page 9

And even more with the Harlem Crown



Looks like Kristine Gomez got herself a new boyfriend.

site offering valuable information for the youth as well as TANF providing everyone with a t-shirt. There was a great raffle with basketballs, footballs and many other great prizes to win. Juicy Burger provided a yummy meal of hamburgers and hot dogs and all had their fill. It was a night of great entertainment, important information and well, just a wonderful wholesome way to spend an evening with friends and family. Thank you Tule River Prevention Team.



Koby Nieto played a little, they fouled him a lot!



These guys were playing catch over JoeBoy!



The Harlem Crown signed autographs after the show. Here for Jacqueline Martinez and Marcia Hunter Estrada.



Even the Refs were not spared!



News of and for the Elders



Marilyn Hunter and Elaine Flores celebrated January Birthdays with cake at the Elder's Meeting last month.

Last month it was all about the election at the Elders regular meeting.

Amy McDarment and Nicola Larsen both had petitions concerning the Tribal Council election due to misunderstandings with the Fiscal Department. These issues were discussed and both Ms. McDarment and Ms. Larson urged people to sign the petitions (Ms. Larson presented her case to Tribal Council later in the week and that election was canceled). Also presenting issues against the Tribal Council election was Heather Teran, Sandra Towns and Domingo Medrano.



Clay Garfield, Sallie Lenares and Ronda Delagarza enjoying the Tule River Newsletter at the Elders meeting last month.

The Elders Council presented the names of the Candidates and all was set for the Elders election for the following Saturday.

The meeting was concluded with a delicious lunch including the famous Clay Garfield beans and birthdays were celebrated with cake.



Throughout election day, Lucy Rodilez, Freda Carothers and Mary Herimeo manned the ballot box.

Voting took place from 8 a.m. to 8 p.m., Saturday, January 18th, at the Brafford Room. Out of 115 eligible voters, 68 voted including four absentee ballots. Nicola Larsen tallied the votes as Eileen Yazzie stated the names with Joyce Carothers checking the ballots. At the end of the count, Linda Sue Santos received the most votes at 33 with Pasty Vega coming in second with 28 votes, Ludrie Gonzales was very close with 27 and Donna Devine received 26.

The Elders met the following Tuesday, January 21st to Elect their officers. Mary Herimeo retained her seat as



Nicola Larsen tallied the votes as Eileen Yazzie read the names and Joyce Carothers checked the ballots.

Continued on page 15



Family and friends waiting for the Elders election results.

Chairperson, as well as Freda Carothers as Vice-Chairperson. Linda Sue Santos was elected Secretary and Fred Peyron retained his seat as Treasurer. The remaining members of the Elders Council are Ray Flores Sr., Lucy Rodilez and Patsy Vega. Alternates are Ludrie Gonzales and Donna Devine. This is your new 2014 Tule River Elders Council.

The Tule Elders Council cordially invites all Tule River Elders to their next meeting to be held at the Brafford Room in the Tribal Office at 10 a.m. Wednesday, February 12th. The bi-monthly Eagle Mountain Casino Elders Breakfast will be held Thursday, February 13th at 9 a.m. in the Forest Buffet. Hope to see you all there.



The crowd tallying along with Nicola Larsen as the votes are counted.



This notice is to inform you of some important upcoming changes to the services that Social Security offices provide across the country.

As of February 2014, the Social Security Administration will no longer offer Social Security number (SSN) printouts and benefit verification information in our field offices. However, to ensure a smooth transition, the Social Security Administration will continue providing these services if requested until April 2014. They are making these changes to meet the increasing demands for their services at same time that their agency budget has been significantly cut by over \$1B in each of the last three years. During this same time period they have invested in technology that offers more convenient, cost-effective and secure options for their customers to obtain certain services without visiting a local office.

Because the SSN printout is not an official document with security features and is easily duplicated, misused, shared illegally or counterfeited, eliminating it helps prevent fraud. Employers, departments of motor vehicles and other entities requiring SSN verification can obtain this information in real time or overnight using online government services such as E-Verify and Social Security's Business Services Online. Beneficiaries and recipients needing a benefit verification letter can obtain one immediately by registering for a my Social Security Account at www.socialsecurity.gov/myaccount, or through the mail within 5-7 days by calling our national toll-free number, 1-800-772-1213.

The Public Affairs Office of the Social Security Administration appreciates your support for this effort as they work to provide the best possible service to the American people. For future updates and news visit www.socialsecurity.gov/thirdparty.

If you have any questions feel free to contact the Public Affairs Department of the Social Security Administration at 866-593-5676.

Native Youth Opportunity

Native American Political Leadership Program - 2014 INSPIRE Pre-College Summer Program

Native high school students interested in public service, government, or politics should apply for the 2014 INSPIRE Pre-College Summer Program held July 6 - 25, 2014 hosted by George Washington University's (GW) Native American Political Leadership Program (NAPLP).

The INSPIRE Pre-College Program is a full scholarship opportunity to spend 3-weeks on the GW campus to learn about intergovernmental relations between tribal governments and the federal government. The INSPIRE Initiative is open to Native American, Alaska Native, and Native Hawaiian rising junior and senior high school students, including 2014 anticipated graduates. The scholarship includes: one course in Native Politics, room and board at GW, airfare, textbooks, and local travel.

Applications are due March 1, 2014.

To learn more or apply online, visit <http://inspire.naplp.gwu.edu/about-inspire-pre-college-program>.

Initiative

The INSPIRE Initiative is spearhead by the The Native American Political Leadership Program (NAPLP) at The George Washington University (GW) and funded by a generous contribution from AT&T. The INSPIRE Initiative is a multimedia initiative aimed at motivating indigenous high school students to finish their education and become more politically involved. With the leadership of our alumni, indigenous professionals, and advocates, we strive to promote careers and education opportunities in public service and political sectors. The INSPIRE's ambitious plans comprise of a social media based high school outreach campaign, a precollege program in applied politics at GW, and a civics training program for high school teachers.

Over the last seven years in Washington, D.C., NAPLP has trained over one hundred American Indian, Alaska Native and Hawaiian Native college students in applied politics through its semester long political management classes, a political practicums and internship placements. Many of our alumni have gone to pursue careers in politics and advocacy with a personal passion for positively influencing their respective communities.

It is with this same passion that NAPLP and our alumni join ongoing efforts to increase the high school graduation rate among indigenous students and provide career guidance into the public sector. Through the tradition of storytelling and the creation of a resourceful website, we hope Native youth find the aspirations and tools to seize opportunities for civic engagement at all levels.

Join our social media campaign by sharing a story!

We encourage instructors to begin a classroom discussion about career planning or political engagement by using one of the INSPIRE interviews. We urge Native teens to email, tweet or Facebook us with their questions about planning the future.

Church on the Hill

Services every Sunday/Sunday School 10 a.m.
Wednesday Evening Services 6:30 p.m.
Sunday School for all children and transportation available for everyone!

190 N. Reservation Rd.

Pastors: Roxanne and Nathan Burt

We take prayer requests 24 hours a day - you may call and leave a message at the church 788-2060 or 560-7671, or you may drop off your prayer request at the church in the prayer request mail box in front.

God Bless You All!

Tule River Indian Health Center Inc



New Clinic Hours:

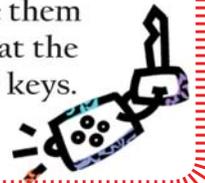
Saturday (medical only)
8:00am-2:00pm
Walk-ins 8:00am-12:00pm

Monday thru Friday
8:00 am-5:00pm
Closed Sundays



Lost Keys?

There are several sets of lost keys at the Tribal Office. If you are missing your keys and can describe them check with the front desk at the Tribal Office to claim your keys.



**Happy
Valentines**

Letter page



Here is a new feature of the Tule River Newsletter. In this section we will highlight letters addressed to the Newsletter. These can be letters to the Editor, Community requests or just what might be on your mind. All letters must be signed by the writer and will be printed with Tribal Council approval only.

If you would like to submit a letter please feel free to bring your letter to Frances Hammond, Tribal Council Community Liaison at the Tribal Office, Monday through Friday from 8 a.m. to 5 p.m. or you may email Ms. Hammond at Frances.Hammond@tulerivertribe-nnsn.gov. If you have any questions give her a call at 559-781-4271, ext. 1047.

A letter from Willie Carrillo

Greetings,

Some of you may be aware of the advocacy efforts and meetings that have recently occurred with California Indian Education Association (CIEA) and California State University, Fresno (CSUF) and multiple other leaders in the local Indian community. The purpose has been to advocate for increased support and services to American Indian students at CSUF as well as strengthen recruitment and retention at the University for greater student success.

We have met and heard from many members of the local Indian community who are CSUF alumni and believe that your experience as a Native community member who has also attended and succeeded at the University is very important to help guide future advocacy efforts and CIEA. Therefore, I'm writing to see if there would be interest in forming an American Indian Fresno State Alumni Association. Please forward this to people who may be interested and respond with name and phone number/email so we may contact you to plan an initial meeting.

Respectfully,

Willie J. Carrillo,

California Indian Education Association (CIEA),

President

559-793-6116

A letter from Buzzy Bear

I know that you are probably pretty busy right now, especially it being election time.

This letter is concerning this guy Rocky Eagle Bear and his "Words of Wisdom" articles in the Tule River Newsletter.

Now, I don't know who this guy is and I don't know if anyone else knows who he is, but I noticed that he always has negative messages in his stories. Take this last one for instance. He talks about how crows use to be white, and because of their actions to punish them, our Creator threw them in the fire making them black. Now to me, this is a very racial story to people of any color. But, I especially don't like him portraying our people this way. And I don't think that many of his stories are good for the kids.

Just my observation and thought it should be worth mentioning.

Buzzy Bear



Native Vets

The Tule River Native Veterans Post 1987 met last month with a full agenda.

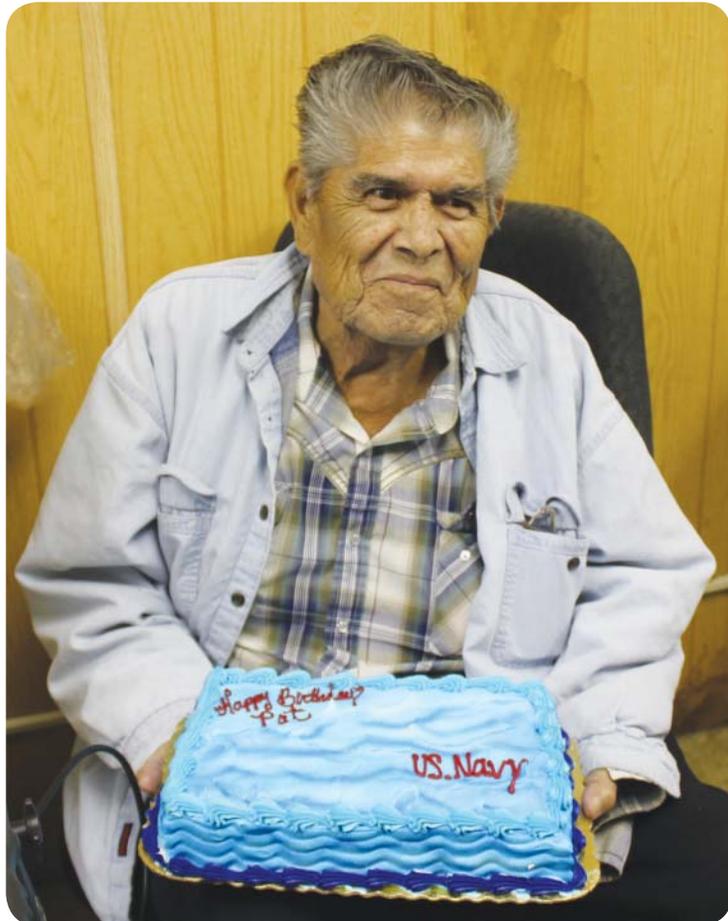
Those celebrating birthdays in January were acknowledged, they were Joe Martinez, Delbert Davis and Patrick Garfield.

Clay Garfield has made a new box to carry the Staffs in and will have the box at the next meeting. Joey Garfield will be asked to bless the new staffs and the new box.

The new Veterans Building was discussed. Commander McDarment met with the contractors and the project is ready to go out for bid. The estimated time of completions is September of 2014. The Post is asking for a brick wall to be constructed to separate the building from the transfer station and alleviate the eyesore. The building will have restrooms with showers, a barbeque area, a porch with a stage and a slab for dancing.

It was also reported that new t-shirts and caps will be available at the next meeting.

Up next was the election of the new Executive Board. Amy McDarment retained her seat as Commander, Matthew Carabay was elected Captain, Clay Garfield retained the seat of First Lieutenant as well as Warren Ensign as Treasurer. Elected as the new Sergeant at Arms was Stan-



Patrick Garfield celebrated his birthday at the Native Veterans Post 1987 meeting last month.

2014 Native Veterans Officers



**Commander
Amy McDarment**



**Captain
Matthew Carabay**



**First Lieutenant
Clay Garfield**



**Treasurer
Warren Ensign**



**Sergeant at Arms
Stanley Santos**



**Chaplain
Herschel Kaulaity**

ley Santos and Herschel Kaulaity was elected as the new Chaplain. This is the 2014 Executive Board of the Tule River Native Veterans Post 1987.

Also discussed under new business was the Memorial Day Barbeque. It was suggested the Smokn Rez Grill be asked to cater the event. More discussion will be had at the next meeting.

The meeting ended with a delicious dinner proved by El Jacalito Taqueria and birthdays celebrated with cake and ice cream.

The next meeting of the Tule River Veterans Post 1987 is scheduled for Thursday, February 13th at 5:30 p.m. so that all may have Valentine's Day to celebrate with their loved ones.

House adopts bill for Native American Veterans Memorial

This article was first published on line at claremore-progress.com on December 11, 2013. Thought it would be of interest to you.

A bill allowing for the construction of a Native American veterans memorial on the National Mall was unanimously approved on December 11th by the House of Representatives.

The bill, sponsored by Oklahoma Representative Markwayne Mullins, approved the construction of the memorial outside the National Museum of the American Indian. Previous incarnations of the Native American Veteran's Memorial bill stipulated that the monument had to be built within the museum

"I have heard from people I represent and from outside our district that the construction of this memorial means a great deal to Native Americans who served this nation and to their families," Mullin said. "It is important that we properly honor these brave soldiers and tell their stories for generations to come."

The memorial cannot be paid for with taxpayer funds, so H.R. 2319 allows the museum to raise money for its construction. The legislation has received overwhelming support from the National Congress of American Indians and the National Museum of the American Indian

"With the recent presentation of the Congressional gold medals to tribal code talkers, it is an appropriate time for a renewed focus and gratitude toward Native Americans who served America in our war efforts and protected our freedoms," said S. Joe Crittenden, Deputy Chief of the Cherokee Nation and a U.S. Navy veteran from the Vietnam War. "We applaud Congress for taking the necessary steps to truly honor our warriors and the sacrifices Native families have made to defend this great country of ours." Mullin is one of only two Native Americans in Congress. The other is U.S. Rep. Tom Cole from Oklahoma's Fourth Congressional District. Cole also cosponsored H.R. 2319.

"Throughout my life, I have always been proud of my Native American heritage," stated Cole. "I am very pleased that the legislation brought to the floor by Congressman Mullin will help facilitate construction of a memorial honoring Native Americans who served our country on the battlefield. It is only right to recognize and remember the significant contributions of those Native American warriors who served our country on the battlefield with great skill and bravery, and there is no better place than the National Museum of the American Indian."

Tribal leaders praised the passage of H.R. 2319 and its significance to Native Americans.

"We take great pride in the long history of Native American service in the armed forces of the United States," said Chickasaw Governor Bill Anoatubby. "We owe all these brave men and women a debt of gratitude for what they have done to protect our freedom and our way of life. This memorial is one way we can express our appreciation for their service and sacrifice."

"Congressman Mullin understands how we as Native People revere our warriors," said John L. Berrey, Chairman of the Quapaw Tribe. "His dedication to Native Americans is truly from the heart. As the Chairman of the Quapaw Tribe we are honored to have Mullin as our representative."

"The Choctaw Nation of Oklahoma applauds the passage of Representative Mullin's bill, honoring the dedication and sacrifice of Native veterans," said Choctaw Chief Gregory E. Pyle. "H.R. 2319 authorizes the Native American Veterans Memorial for tribal veterans from all Tribes and all wars. Some of these warriors were fighting for our country before they were even recognized as American citizens. I am very pleased with the passage of this bill and very proud of all the Choctaw veterans and the many other Native soldiers who will be represented by this memorial."

"Honoring our Children by Honoring our Traditions"

Positive Indian Parenting Classes

Beginning January 14th, 2014

Ending March 4th, 2014

Every Tuesday

@ 5:00PM

Location: Tule River Gym

8 Week Program topics consist of:

- Week 1 Traditional Parenting
- Week 2 Lessons of the Storyteller
- Week 3 Lessons of the Cradle Board
- Week 4 Harmony in Child-rearing
- Week 5 Traditional Behavior
- Week 6 Mother Nature
- Week 7 Power of Praise
- Week 8 Choices in Parenting

Certificate provided upon completion

Sign up with Future Generations

Contact
Dennis Sigo or Amanda Sierra

Future Generations Program
P.O.Box 589
Porterville, Ca.93257

Phone: (559) 782-5556 x 2110
X 2107

WIA news

By Teri Dobson, WIA Director

The Tule River Project Crew is now being overseen by Teri Dobson, WIA Director and Robert Parker, McCarthy Ranch Caretaker. Community Service Requests forms are available at the Tribal Office and the WIA Office. If you are unable to pick up a form, please call the WIA Office at 559-784-6135, ext. 5004, and a form will be completed for you. Services provided to the elderly and disabled include lawn care, yard clean up, tree trimming, weedeating, etc. If you have a special project but need help with it and have all of the supplies and materials, we may be able to assist you. The WIA Office is open from 8:00 a.m. – 5:00 p.m., Monday through Friday. The Project Crew currently works from 7:00 a.m. – 3:00 p.m., Monday through Friday. Trash pickup is still on Mondays. We currently have a waiting list for the crew and are not hiring at this time, but we will resume hiring to fill vacant positions sometime around the 1st of March.

We are still looking for semi-skilled and skilled workers to refer to Clark & Sullivan for the Justice Center contractors coming in. If you have skills in flooring, putting up walls, texturing walls, taping, painting or any type of skills in the construction field, please call or come in and give your contact information to us.

We are currently putting together a basic clerical skills workshops. This workshop will be held in the beginning of March and a flyer will be posted giving the time and dates of the workshops. In the workshops we will be going over basic office skills in the workplace and will have tests to complete to see what skills needs to be developed or worked on as far as accuracy in filing in alphabetical and numerical order, telephone etiquette, letter writing, and more. We are also looking into having a basic computer skills class for those who have little or no computer skills.

Several people have called regarding Summer Youth. There is no information to provide regarding Summer Youth at this time, only that we will be doing registration again on a Saturday in May, however, work for the youth will not begin until final report cards have been received. The date of registration will be posted the first week of April, in plenty of time for everyone to get their documents in order that will be required the day of registration.



MEN'S BASKETBALL

OPEN GYM

8pm-10pm

MONDAY & WEDNESDAY

Feel free to contact the Tule River Recreation Department's Team Leader
Richard McDarment Jr. for any questions 559.782.5554 Ext. 2100

2014 New Years Evolution!



**Women's
Wellness
Group**

**6pm-7pm
Every other
Thursday
Beginning
1/9/14**

**Location:
Tule River Gym
(Conference Room)**

**Presented by:
Donna Struble,
Certified Life
Coach**

**Contact: Future
Generations for
more info.**

**(559) 782-5554
EXT. 2110
EXT. 2104
EXT. 2111**

Learn strategies that can help you to create, live, and enjoy the life you currently may only be dreaming of.

- *How to bring dream into focus*
- *Setting goals*
- *Eliminate your obstacles*
- *Loving yourself*
- *Emotional Mastery*
- *Reprogramming your belief system*



PCCIEA receives training

By Linda Hinojosa, PCCIEA Treasure



Linda Hinojosa, PCCIEA Treasure, Rhoda Hunter, PCCIEA President, Koby Nieto, Linda Billey-Sevedge and her granddaughter Bonita Sevedge from Santa Maria CIEA and Linda Peterson, PCCIEA Vice-president at a recent training session.

The Porterville Chapter of the California Indian Education Association (PCCIEA) held a workshop training session on January 3rd in Porterville, where Board members were trained about the history of the California Indian Education Association (CIEA) and its policies and procedures. In attendance were Linda Hinojosa, Rhoda Hunter, Linda Peterson, Frances Hammond, Willie Carrillo Sr, and Koby Nieto. Both the CIEA and PCCIEA collaborated on the history of the statewide organization and the future endeavors of the PCCIEA such as “recognizing the problems within the field of Indian education that are significant and very far-reaching.” Felicitators of the training session were Linda Billey-Sevedge and her granddaughter Bonita Sevedge from Santa Maria, CA.

In order to achieve these goals, the PCCIEA underwent extensive training of five hours, learning ways to improve Indian education within the Porterville area. PCCIEA will focus on both Native American and other surrounding Indian tribes within the Porterville area to enhance their education through continued quality training. The PCCIEA Board members are educators, persons of passion for our youth, visionaries, and consultants with years of professional experience among the educational system and surrounding communities. The PCCIEA Board members have been involved in numerous organizations advocating for the needs of our youth and their education. Both the CIEA and PCCIEA will meet quarterly for continued training and to develop and implement new ways to improve the quality of education for Native American Children within Porterville area.

More news on PCCIEA

By Linda Hinojosa, PCCIEA Treasure

Porterville Chapter California Indian Education Association (PCCIEA) has an upcoming three-day field trip, taking forty selected Porterville Unified School District Indian students from the surrounding middle and high schools. Day one includes a trip to UC Berkley, UC Santa Cruz, and Santa Cruz Beach. Day two includes a trip to UC Sacramento, The State Indian Museum, State Capital, and D Q University. Day three is a trip to Fresno State University to learn about its recreation center, nursing, health and human services, and sports facilities.

The purpose of the three-day field trip is to educate our youth in curriculum areas such as agriculture, history, cultural awareness, art, music, nursing, sports, and how to complete scholarship applications for California state universities of their choice. PCCIEA members are leading a cultural organization of consultants and liaisons involved in numerous organizations preserving cultural awareness and Indian education devoted to furthering Indian causes. PCCIEA believes there is a need for balance in cultural preservation, the need for educational development, and scholarly interest for Indian students.

PCCIEA has numerous experiences working with Indian youth groups for the purpose of sharing and saving Indian culture and beliefs. The wisdom teaching is the moral fabric of Indian culture, and is designed to inspire our youth. PCCIEA promotes a sense of pride to our Indian youth by providing programs and services such as meetings, presentations, field trips, mentoring, activities, artifacts and cultural displays, Indian issues, ceremonial blessings, ecological awareness, archeology, land use preservation, songs, and art.

The three-day field trip is a core education program, which is mentored by ten chaperones at one mentor per four students. Each PCCIEA mentor will speak at designated areas of the field trip (storytelling) providing a brief overview of each landmark visited, giving insight to Indian culture. Our youth will learn new knowledge the grassroots of California history and California Indians. After story time, there will be time to answer questions about the landmarks. The pathways (educational trip) is a continued effort to influence our youth, develop and implement programs and activities, and mentor Indian students who encounter issues in their education through increased community awareness.



Tule River Study Center



Pillar of Character



We would like to nominate Jasmine Lenares for this month's character trait, caring. Both Ms. Braun and I are honored to have Jasmine in our class here at the Study Center. She is one of our most caring and compassionate individuals in our class. Jasmine is always there to lend a helping hand, without expecting anything in return. She frequently helps other students who are struggling with homework without being asked. Being an older sister Jasmine has learned and successfully mastered being a great listener and is very understanding to other people's feelings. She genuinely is a caring person and embodies all facets of the character trait for this month's pillar. Mr. Fernandez

I would like to nominate Onaya Rubio for the Pillar of Caring for Character Counts! Onaya is willing to help others in need when asked or just on her own. She is a kind, thoughtful, and grateful student and is a pleasure to have in my class.

Monica L Franks



My nomination is Jazmyn Rodriguez. She is the first to notice that someone is upset and brings it to our attention. She often offers suggestions for comforting. It is obvious that Jazmyn is a Caring person. Mrs. E. Brumley

The sixth graders from Dr. C's and now Mrs. Gerritsma's class nominate Jessica Eredia as our January 2014 Student of Character for CARING! When tragedy hit our class hard, Jessica immediately knew how we should be supporting our classmates who needed our prayers and extra support. Jessica is a person who is always thinking about others, and she is a great sister to her younger brother, Joseph. If it's hot chocolate or candy gram time at the Study Center, she is going to remember her brother first—that's pretty special, we think. Jessica is helpful and will step in to help out whenever she can, whether it's in the library or a math problem. Winter Break was a wonderful time for her teachers and chaperones, too, because of her caring personality and her big smiles every day. We are proud to nominate Jessica Eredia as our Caring candidate for January!



I have chosen Janae Rodriguez for the Character of Caring. She is always helping her fellow classmates and she uses kind words with everyone. She is polite and loving. She gives compliments and she is always so nice. Janae is a great example of a caring person and I am so happy to have her in my class. Mrs. Ramos

Tule River Study Center
Pillar of Character



Elena Rodriguez is a third grader in Mrs. VanZandt's class at Roche Avenue Elementary School. Elena is a very well rounded and caring student. She greets all students that walk into the room with a warm welcome and smile. Elena often brings in treats to share with her classmates. She is the first to offer help when she hears a student say, "I need help" or "This is hard", and she will stop whatever it is she is doing to try to help that student. From day one, back in August, I noticed that Elena was a very loving and caring child.

Ms. Karri Carrillo

The Transportation Team has chosen to award Aaron Facio with this month's Character Counts trait, caring, due to a great act of kindness which he displayed. Several weeks ago, one of our teachers had a bad fall while leaving the Study Center. Aaron was the first to respond as he rushed to her side to help her up. He showed great care and compassion for this teacher and wanted to provide her with any assistance that she needed. We are very proud of him and the actions he took, placing others' needs above his own. He is becoming a wonderful role model for the younger students and we hope others will follow his lead.

Tammy Montijo



**Cultural
Awareness**



Social Dancing (Team, Round, 2-Step, Potatoe Dance)

Food Provided

Boys & Girls Incentive Raffle at 7:25pm

It's Community Pow-Wow/Family Time

At the Tule Gym

Friday's starting February 21st through March 28th

5:00-7:30pm

Practice Drumming, Dancing, Singing & Native Crafts

FOR PARTICIPANTS ONLY!

(Must be signed in and participating in Activity in order to win!)

Contact Tule River Recreation/ Cultural Department Team Leader Darrell W. Garcia for more information 559.784.5554 Ext. 2100

Young Girls Class

*Independence, Wellness, Motivation,
Tradition*



Please come join us!

**Every Monday from
4:00 pm to 5:30 pm
in the Conference Room of the Tule River Gym
Ages: 8 to 13**

Contact the Future Generations Department
for more information @ 782-5554.



Tule River
Towanits Education Center
Pillar of Character



I want to nominate Chad Baga for Character Counts – Caring. Chad is a wonderful student to have in my class he shows all of the Characteristics of Caring such as kindness, expresses gratitude and helps people in need. Chad comes to the Ed Center every day with a smile on his face and completes his homework. Chad is a good example of how a student can show Character Counts to everyone he meets.

Julie Espinoza

Anthony Calderon a first grade student at Vandalia Elementary is our student that has best exemplified “Caring Character” in our class. Anthony has showed “Caring Character” in class by coming into class and being cordial to his classmates. He obeys the rules and cares for his fellow classmates by being diligent in getting his homework complete and not distracting his classmates while they work on their homework.

Mr. Casillas



Gabriel Amaya is a perfect candidate for CARING. He is a sixth grader at Vandalia Elementary School. During time of transportation Gabriel always shows that he is very caring of others especially his little sister. He opens the door for other students, asks how our day is going, and carries his sister to their home when she has fallen asleep on the way. Not only is he caring to other students but also to the transporters. Gabriel is always the first one to volunteer to help wherever there is help needed. Thank you Gabriel Amaya for being an excellent role model for caring.

Mrs. Stephanie

This month’s Pillar of Character for the month of January was that of Caring. One would think that being kind and compassionate come naturally to a person but sadly that isn’t always the case with young students coming into their own. It is easy to follow along and perhaps pick on someone that is a little different or perhaps just not cool. This isn’t the case with Tionay Burroughs. She is as kind as they come and always willing to try and include others no matter what they are doing. It is very true she can be sassy at times but I can say without a doubt there isn’t one mean bone in her body!

Miss. Angelina



**Tule River
Towanits Education Center
Pillar of Character**



For the Character Counts month of “Caring” I have selected Herminia Tovar, a Third Grade student in my class. Herminia always has a smile on her face and is always nice. She expresses gratitude through politeness of how she asks for things as well as saying “Thank you” whenever something is handed or given to her. She has good attendance, showing she cares about being able to attend the Ed. Center. She is willing to help those around her and is very patient and pleasant with others here. She was here during winter break and had good attendance, would help tidy my classroom, and attended my Science Elective. She is very bright and has good grades, showing she cares about her education. After she finishes her homework and leaves my room for the day, she looks after her little sister. Once they both have their passes, you almost never see them apart. For these reasons and more, I chose her for “Caring”. Keep it up! Ms. Marie

Girls Softball
Sign Ups
January 27, 2014

Practice Begins: Feb. 18th Bob Ojeda
Baseball Field
3rd-5th Girls: Tues. Thurs. 5-6:30pm
6th-8th Girls: Tues. Thurs. 6:30-8pm
Games Located: Lindsay
Games start 1st week of March.

Softball Camp

Date: February 22, 2014
Location: Bob Ojeda Baseball Field
Time: 1-3pm

Feel free to contact the Tule Gym for any questions. Thank you Recreation Staff.

Youth Baseball
Sign Ups
January 27, 2014

Practice Begins: Feb. 10th Bob Ojeda
Baseball Field
3rd-5th Boys: Mon. Wed. 5-6:30pm
6th-8th Boys: Mon. Wed. 6:30-8pm
Games Located: Lindsay
Games start 1st week of March.

Baseball Camp

Date: February 22, 2014
Location: Bob Ojeda Baseball Field
Time: 11am-1pm

Feel free to contact the Tule Gym for any questions. Thank you Recreation Staff.
Contact Tule Gym: 559.782.5554 Ext. 2100

Words of Wisdom



Rocky "Eaglebear" Vela (Mono/Yokuts), a prisoner at Kern Valley State Prison, has more 'Words of Wisdom for you'.

He Yuk, Well I'm back with another one. Many stories to share. Hope you all have a good time enjoying the stories. Gonna mke it short. may the Cretor watch over all of you at the Rez...See Ya!

*All My Relations
David Eaglebear Vela*

Butterflies

One day the Creator was resting, sitting, watching some children at play in a village. The children laughed and sang, yet as he watched them, the Creator's heart was sad. He was thinking, "These children will grow old. Their skin will become wrinkled. Their hair will turn gray. Their teeth will fall out. The young hunter's arm will fail. These lovely young girls will grow ugly and fat. The playful puppies will become blind, mangy dogs. And Those wonderful flowers - yellow and blue, red and purple - will fade. The leaves from the trees will fall and dry up. Already they are turning yellow." Thus the Creator grew sadder and sadder. It was in the fall and the thought of the coming winter, with its cold and lack of game and green things, made his heart heavy.

Yet it was still warm and the sun was shining. The creator watched the play of the sunlight and shadow on the ground, the yellow leaves being carried here and there by the wind. He was the blueness of the sky, the whiteness of some cornmeal ground by the women. Suddenly he smiled. "All those colors, they ought to be preserved. I'll make something to gladden my heart, something for the children to look at and enjoy."

The Creator took out his bag and started gathering things: A spot of sunlight, a handful of blue from the sky, the whiteness of the cornmeal, the shadow of playing children, the blackness of a beautiful girl's hair, the yellow of the falling leaves, the green of the pine needles and the red, purple and orange of the flowers around him. All these he put into his bag. As an afterthought, he put the songs of the birds in too.

Then he walked over to the grassy spot where the children were playing. "Children, little children, this is for you," and he gave them his bag. "Open it, there's something nice inside," he told them.

The children opened the bag and at once hundreds and hundreds of colored butterflies flew out, dancing around the children's heads, sitting on their hair, fluttering up again to sip from this or that flower. And the children, enchanted, said that they had never seen anything so beautiful.

The butterflies began to sing and the children listened smiling.

But, then a songbird came flying, sitting on the Creator's shoulder, scolding him saying, "It's not right to give our songs to these new pretty things. You told us when you made us that every bird would have his own song. And now you've passed them all around. Isn't it enough that you gave your new playthings the colors of the rainbow?" "You're right," said the Creator. "I made one song for each bird and I shouldn't have taken what belongs to you."

So the Creator took the songs away from the butterflies and that's why they are silent. "They're beautiful even so!" He said....Aye...

Tule River Youth



...a fun place to
play and learn!

- Monday from 5:30-7pm
- Tuesdays from 3 to 5 pm
- Wednesdays from 5:30 to 7 pm
- Thursdays from 3 to 5:30 pm
- Fridays from 5 to 7 pm



Contact the Future Generations Department for more information @ 782-5554.

UNITY elects new officers



Kaitlyn Gibson



Mikael Mejia



Gail Gibson



Shy-La Franco

These four young people were just a hand full of kids that ran for UNITY Youth Council. They gave speeches at the Youth Council Forum. All had a theme that they wanted to help their Reservation and stay out of trouble. UNITY held their election last month following very closely the model set by Tribal Council. They had a Candidate forum, a formal election and a count just like their older counter parts.



UNITY members count the ballots at the 2014 UNITY Council elections last month.



The tally!

After the ballots were all counted and finalized the new Council met and new officers were elected. The results were: Female Co-Chair: Gail Gibson, Male Co-Chair: River Brown, Vice-Chairman: Diane Anderson, Secretary: Shy-La Franco, Treasurer: Kaitlyn Gibson, Sergeant of Arms: Mitch Garfield, Spiritual Leader: Aaron Franco, Information Officers: Cole Williams and Strongheart Garfield and Delegates: Rozen Santos and Mikael Mejia, your 2014 UNITY Youth Council.

Photos by Mitchell Savage and Frances Hammond

Leo's team does it again!



The Men's Basketball League 'champions' for the third year in a row!

By Jessica Gonzalez

On January 31st, in single elimination games, it was an intense night of basketball to end the Men's Basketball League. Leo Acosta's team won the first game against Hank Montoya's team. Then it was Toad McDarment against Richard McDarment Jr.'s team; Richard McDarment Jr.'s team won. The Championship game was so exciting, bucket after bucket from both teams. The game ended in one-minute overtime. The crowd was really pumped and chanting away.

Leo Acosta's team ended up pulling the win 46-43. His team is now 3-time back to back to back Champions of the Men's Basketball Annual league.

'Blackout' a Warrior's Cage story

The Warrior's Cage started the New Year off with a night packed with punches with 'Blackout' last month at the Eagle Mountain Casino Event Tent. Fight fans were treated to an evening full of what they came for, punches, kicks and blood!



Edgar Diaz and Cameron Ramirez

The competition was fierce in the first bout and went all three rounds with Merced's Cameron Ramirez being awarded fight of the night defeating Edgar Diaz, Elite Visalia, by a unanimous decision.



JC Llamas and Jordan Williams

Team Bakersfield's, JC Llamas took on Jordan Williams from Santa Rosa to no avail as Llamas took the fight by a unanimous decision.

Antone Smith came all the way from Fresno to battle with McFarland's Gary Evans in his debut fight. Evans was able to carry his own, but Smith was just too much for Evans taking the win by unanimous decision.



Antone Smith and Gary Evans



Aziz Rashid and Darren Crisp

The fourth bout was a battle between Darren Crisp, Elite Visalia, and Aziz Rashid, Fresno. Crisp dropped Rashid with straight left in 54 seconds of the second round receiving the knockout of the night.



Paul Ruiz and Ed Tomaselli

Continued on page 25

More in the Cage!

Ed Tomaselli came all the way from Albuquerque only to be defeated by Paul Ruiz out of Firebaugh by referee stoppage due to strikes 1:14 in the first round.

Number six was short and sweet as Justin Linn, Team Viper out of Sonora, was defeated by Adrian Lozano from Ensenada, Mexico tapping out just 50 seconds into the first round due to a guillotine choke.



Anthony Ruiz and Owen Rubio

Tule River's own, Owen Rubio took on MMA Veteran, Anthony Ruiz to his demise. Ruiz, took Rubio to the mat and landed some hard punches until the referee stopped the fight at 2:33 giving the win to Ruiz for his 50th fight of his career.



Edgar Diaz and Cameron Ramirez

One Nation's Ryan Reneau battled Tule River's David Sierra gaining the win after three rounds of action in a majority decision.



Isaac DeJesus and Mike Christensen

In the Co-Main Event, Tachi Palace Fights champ, Isaac DeJesus earns the submission of the night when he fought Sacramento's Mike Christenson. Christensen took DeJesus down only to be caught in a guillotine choke. Christensen fought hard for a way out but had to submit tapping out at 1:53 in the first round.



Spirit Wolf and Max Griffin

The Main event saw West Coast Fighting Middleweight Champion Max Griffin from Porterville, take on Spirit Wolf from San Diego. Griffin scored landing strikes with combos and knees all through the fight. In round two Spirit Wolf took the fight to the canvas and was able to work his ground and pound. Both fighters held their own all three rounds, but the fight was scored as a split decision for Griffin.

It was an exciting night of action and fight fans did not go home disappointed. We can only wait to see what the Warrior's Cage will have in store for us in a few months.

A little history

Willowlet ©

A story by Lawrence Garfield written by his wife Andy Garfield



Willowlet was part of my childhood and a good friend of my parents. She was already very old when I was very young.

Accompanied by her granddaughter, whose name I never knew who was an adult but would never grow up; Willowlet walked and walked. Always she was walking with her granddaughter. She followed forgotten, maybe even forbidden trails across mountains and rivers and valleys to places unknown to us. If she feared encounters with other people, she'd move off the trails not to be seen. With the silence of a wild creature she'd move. She would crouch down and sit still for the longest time. Then suddenly take a few fast steps, stopping and crouching again.

We only went to town about four to six times a year. Occasionally my dad would spot Willowlet hidden in the trees. He was always watching for a sign of her.

One time in particular dad suddenly and quietly stopped the car near the bottom of Bonser Hill. Just as quietly, he got out of the car. I asked my mom what happened. Why are we stopping thinking maybe we had another flat tire. Mom whispered, "It's Willowlet. Dad stood there a while listening, he then crossed the road and went over to the fence. Carefully, quietly he climbed through the fence, slowly walking toward a little clump of young trees and bushes near a large outcrop of rocks. He was softly calling to Willowlet.

"Willowlet, Willowlet" he called. "Come here." She stood up and came out of the foliage, her childish, crippled granddaughter in tow. Dad took the granddaughter's other hand, helping them across the meadow to our car. He helped them get in.

When we arrived at home mom made them a cup of hot tea. She felt badly that she didn't have anything but a couple day old biscuits to eat. She gave them to Willowlet and her granddaughter to eat. My folks really liked Wil-

lowlet. Mom always remarked how grateful Willowlet always was for any little scrap of food or kindness.

After they ate they sat for a while and talked a little. Eventually they got up. Willowlet thanked us again. Soon she was on her way again this time for the place she called home.

Willowlet was a Wheaton. She lived with Verna Wheaton Vega who was married to Wilford Vega. That's where she and her granddaughter stayed when they were not wondering about.

Willowlet traveled light. She carried a sack shaped like a table cloth. She filled her sack with the things she needed for survival for herself and her granddaughter.

As the years went by, we noticed her impaired granddaughter wasn't with her anymore. None of us asked her why. So we never knew what happened.

As we kids got older into our teens and were allowed to wander about the nearby mountains and river, we would see Willowlet here and there. It was amazing to watch her travel through the trees without a sound, disturbing not a single twig nor loosening a single little rock. Donald and I would pretend not to see her just so we could watch. If you did not know her, you'd never believe there was anyone to be heard or seen. She was like a ghost of a time past, an amazing person to know and see.

Me and Donald saw her many times as we worked on our own skills of walking unnoticed. How lucky we were, all of us to have lived in a time before all the old people were gone. How very lucky.

It is easy for me to see a shadowy group of trees and rocks and think perhaps Willowlet still lingers there.

Note 1: I asked my cousin Ruby what Willowlet meant if anything. She told me it meant "Wonderer", someone who wonders about the mountains and the meadows, a restless person. This really fit Willowlet, a gentle old woman we all knew so well. She spoke only in her own native language. She might have known a few words of English, but I never heard her say them.

Note 2: I am not certain but I think Willowlet was a sister or daughter to the Wildman. Their behavior was similar. Only no one hardly ever saw the Wildman, except a few Indian cowboys, The Wildman could only speak in our own language. According to my dad and a few other men who ran across him while gathering cattle in the mountains, he'd hide from everyone. The only chance any of them had to talk to him was to catch him in the open. Even then, the old man would split the first chance he got. Once he got in the trees, you couldn't find him.

Now and then, the Wildman, a Wheaton, became the topic of the story tellers, the men who sat around retelling the interesting events in their lives, the men who kept us proud of who we were.

Sometimes they would chuckle a little when they talked about the Wildman, "Boy," someone might say. "He sure was wild."

Guess Who?

Here are some new pictures. Do you know who these people are? If so please give me a call at 781-4271, ext. 1047, send me an email at Frances.Hammond@tulerivertribe-nsn.gov or just drop by the Tribal Office for a chat. I would love to hear from you. You will receive credit just for guessing!



It is unknown when this picture was taken, but it looks like these people were having a good time. Do you know who they are? If so you know what to do!



Do you know these three tykes? Here is a little hint. the picture was taken in June of 1965. Now you know what to do!

They are!



Lawrence Garfield Called to say this is Lawrence Manuel not Leonard!



Lawrence Garfield knew Gloria Hunter, the upper picture. As did Gloria Hernandez. Ms Hernandez also thinks that the little girl is Maude or Bessie Garner and the man is either Larry Alto or Albert Manuel in the picture on the left.



Lawrence Garfield also knew the these lovely ladies are Dorothy Morris or Morrison, Lyda Peyron and the boy Fred Peyron Feb 18, 1943. Thank you, Fred Peyron for sharing these photoes with us.

WANTED

Pictures for the 'Guess Who' game.
Bring your picture by the Tribal Office
To Frances Hammond, Community Liaison
To have scanned or email them to:
Frances.Hammond@tulerivertribe-nsn.gov
Information give her a call at 781-4271 ext. 1047

News from TRAP

Commit yourself to success

If you want something, but you're not motivated to do the work required, you will be frustrated and unsuccessful. So take action!

- **Make a list of everything you want.** Write it all down. Don't leave out anything that you want, from becoming a CEO to getting a date. Then rate each item according to its importance. • **Consider your investment.** Examine each of the items on your list and ask yourself: "Am I willing to invest the time, energy and resources necessary to achieve this?"
- **Make a decision.** Look at your list and identify the items that you want the most with the highest score for "willingness." Then start working on a plan for success over the next weeks or months - and be sure to set a deadline.

There are four kinds of people:

"First, there are the cop-outs. These people set no goals and make no decisions.

"Second, there are the hold-outs. They have a beautiful dream, but they're afraid to respond to its challenge because they aren't sure they can make it. These people have lost all childlike faith.

"Third, there are the drop-outs. They start to make their dream come true. They know their role. They set their goals, but when the going gets tough, they quit. They don't pay the toll.

"Finally, there are the all-outs. They are the people who know their role. They want and need and are going to be stars: star students, star parents, star waitresses. They want to shine out as an inspiration to others. They set their goals. . . . The all-outs never quit. Even when the toll gets heavy, they're dedicated. They're committed."

To be committed, you must be "all in." You can't just do the best you can. You have to do everything you can.

When I think of commitment, I think of the story of the Pig and the Chicken who are walking down the road. The Chicken says: "Hey Pig, I was thinking we should open a restaurant!"

The Pig replies: "Hmmm, what would we call it?"

The Chicken responds: "How about 'Ham-n-Eggs?'"

The Pig thinks for a moment and says: "No thanks. I'd be committed, but you'd only be involved!"

More Teens Referred for Marijuana Use



Article submitted by Nancy McDarment. She believes this should be of interest you.

Addiction treatment centers in Colorado are bracing for an increase in teens referred for marijuana use, ABC News reports. The state began legal sales of recreational marijuana for adults last week.

While only people 21 and older are allowed to purchase marijuana, some experts are concerned the law will allow the drug to more easily fall into the hands of teens.

Dr. Christian Thurstone, who heads the teen rehabilitation center Adolescent STEP: Substance Abuse Treatment Education & Prevention Program, said 95 percent of patient referrals to the program are for marijuana use. In preparation for the new law, Dr. Thurstone has doubled his staff.

He told ABC News that marijuana can be harmful for some teens, particularly those suffering from mental illness. He said that after Colorado legalized medical marijuana in 2009, teens began to use much higher potency products. "Our kids are presenting more severe addictions; it takes them longer to get a clean urine drug screen," he said. Higher-potency marijuana can increase the risk of psychotic episodes in some teens, Thurstone added.

"Anecdotally, yes, we're seeing kids in treatment here who have paranoia and seeing things and hearing things that aren't there," he said. "Adolescent exposure to marijuana [raises] risk of permanent psychosis in adulthood." Ben Court, an addictions expert at the University of Colorado Hospital Center for Dependency, Addiction and Rehabilitation, has also seen an increase in patients addicted to marijuana since the state approved medical marijuana. He says the younger people are when they start consistently using marijuana; the more likely they are to become addicted. "Most people are going to smoke weed and it's not going to be an issue. By 18 to 24, your odds are less than 1 in 10 that you're going to be addicted," he said. "If you start under 18, it's 1 in 6."



TULE RIVER ROADRUNNERS

100 MILE CLUB SIGN UPS

February 14, 2014



We will start with a walk around the loop in conjunction with the Healthy Heart Walk on February 14, 2014 @ 10:00 AM. Participants then walk or jog on their own and report progress every Friday.

Anyone with a medical condition ***MUST*** provide a medical clearance from their provider.



Tule River Tribal or Community Members Join us for a walk with a Doc

When: 4th Saturday of every month
-Prior to walk get ticket from Shawntaya
-Transportation not provided

Registration: 8am & Walk 8:30am. Get your ticket signed by Dr. Pandya. *Water & Snack Provided

Location: Porterville Veteran's Park Pavilion at Henderson and Newcomb.

Walk and Talk with Dr. Pandya, Bring a Friend



Bring signed ticket back to Tule Gym for Incentive Gift.



Walking for as little as 30 minutes a day can reduce your risk of coronary heart disease, improve your blood pressure and blood sugar levels, elevate your mood, and reduce your risk of osteoporosis, cancer and diabetes.

Join us at the next WALK WITH A DOC event to take a step toward healthier you! All you need to do is lace up a pair of comfortable shoes and join us for some fresh air, fun and fitness.

Next Walks: Feb. 22nd, March 22nd & April 26th

walk with a
DOC

Feel free to contact the Tule River Recreation Department's Team Leader Shawntaya Acosta for any questions. 559.782.5554 Ext. 2100. *Incentives for Tule River Tribal & Community Members only

Heart healthy snacking



Snacking isn't "bad" if you do it in moderation and make healthy choices. Healthy, good-for-you snacks can be a part of a healthy diet – which you need to do to live healthfully.

To snack the sensible way, choose nutrient-rich snacks like those listed below:

Crunchy

- Apples and Breadsticks
- Carrot and celery sticks
- Green pepper sticks
- Zucchini circles
- Radishes
- Broccoli spears
- Cauliflower
- Unsalted rice cakes

Munchy

- Unsalted sunflower seeds
- Whole-grain breads or toast
- Cherry or grape tomatoes
- Low-fat or fat-free cheese
- Plain, low-fat or fat-free yogurt
- Bagels
- Unsalted almonds, walnuts and other nuts

Thirst Quenchers

- Fat-free milk
- Unsweetened juices
- Low-sodium tomato or mixed vegetable juice
- Water

Sweet

- Unsweetened canned fruit
- Thin slice of angel food cake
- Baked apple
- Raisins
- Dried fruit gelatin gems
- Frozen bananas
- Frozen grapes
- Fresh fruit
- Low-fat or fat-free unsweetened fruit yogurt

February ~ American Heart Month



Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable.

Every journey begins with one-step, whether it's climbing a mountain or preventing heart disease. This American Heart Month, the Center for Disease Control (CDC) is offering weekly tips for better heart health. Take your first step on the road to a healthy heart with us.

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.

HEART ATTACK SYMPTOMS

The five major symptoms of a heart attack are:

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
- Shortness of breath.
- If you think that you or someone you know is having a heart attack, call 9-1-1 immediately.

The term "heart disease" refers to several types of heart conditions. The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias.

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year.¹ This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health. CDC is providing a tip a day throughout February, but you can take these small steps all year long.

ONE STEP AT A TIME

As you begin your journey to better heart health, keep these things in mind:

- Don't become overwhelmed. Every step brings you closer to a healthier heart.
- Don't go it alone. The journey is more fun when you have company. Ask friends and family to join you.
- Don't get discouraged. You may not be able to take all of the steps at one time. Get a good night's sleep and do what you can tomorrow.
- Reward yourself. Find fun things to do to decrease your stress. Round up some colleagues for a lunch-time walk, join a singing group, or have a healthy dinner with your family or friends.

PLAN FOR PREVENTION

Some health conditions and lifestyle factors can put people at a higher risk for developing heart disease. You can help prevent heart disease by making healthy choices and managing any medical conditions you may have.



- Eat a healthy diet. Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt or sodium in your diet also can lower your blood pressure. For more information on healthy diet and nutrition, visit CDC's Nutrition and Physical Activity Program Web site and ChooseMyPlate.gov.
- Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's body fat. If you know your weight and height, you can calculate your BMI at CDC's [Assessing Your Weight](http://AssessingYourWeight) Web site.

February ~ American Heart Month



Heart healthy Stuffed Peppers



- Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week. For more information, see CDC's Nutrition and Physical Activity Program Web site.
- Monitor your blood pressure. High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office. Find more information at CDC's High Blood Pressure Web site.
- Don't smoke. Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit. For more information about tobacco use and quitting, see CDC's Smoking & Tobacco Use Web site and Smokefree.gov.
- Limit alcohol use. Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one. For more information, visit CDC's Alcohol and Public Health Web site.
- Have your cholesterol checked. Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test. You can find out more from CDC's High Cholesterol Web site.
- Manage your diabetes. If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options. Visit CDC's Diabetes Public Health Resource for more information.
- Take your medicine. If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

Together, we can prevent heart disease, one step at a time

Here is a heart healthy receipt substituting ground turkey for ground beef and just as tasty as the original!

Serves: 4; 1 stuffed pepper per serving - Prep time: 10 minutes - Baking time: 1 hour

Ingredients

- 4 bell peppers (any color)
- 3/4 pound lean ground turkey
- 1/2 medium onion, chopped
- 1/2 cup uncooked brown rice
- 1 (14.5 ounce) can diced tomatoes, no salt added
- 1 clove minced garlic (or 1 teaspoon minced from jar)
- 1 teaspoon Italian seasoning
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes (optional for spiciness)
- 1 (8 ounce) can tomato sauce, no salt added

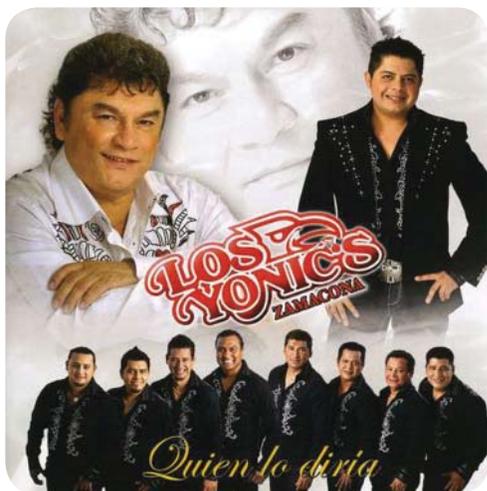
Cooking Instructions

Preheat oven to 350 degrees. Cook rice to package instructions (omitting salt). While the rice is cooking, in skillet over medium heat, brown the turkey. Add the onion and cook for 3 minutes more (until onion becomes translucent).

Wash the bell peppers and remove the tops, seeds and membranes. Set peppers in a 9x9 baking dish or line them up in a loaf pan, so they stand upright.

In a medium mixing bowl, mix turkey, rice, tomato, garlic, Italian seasoning, and pepper. Spoon into each pepper. Spoon tomato sauce evenly over the top of the 4 peppers. Bake 1 hour in the oven, until peppers are tender.

Los Yonics and Los Caminantes coming to EMC



Eagle Mountain Casino continues its Hispanic concert series with Los Yonic's and Los Caminantes, They will be appearing at Eagle Mountain Casino on Valentine's Day February 14, at 7 p.m. Doors open at 7 p.m. shows at 8 p.m.

The incredibly prolific Los Yonic's formed in the '80s and have released an album nearly every year since. The group, which includes leader Johnny Ayvar, Jose Manuel Zamacona (vocals, guitar), Mountain Martin (piano), Bruno Ayvar, Oscar Perez, Eduardo Corner (saxophone and flute), and Vincente Martinez (saxophone and flute) was formed in San Luis Pedro but relocated to Acapulco. The band has proven to be incredibly popular with Mexican immigrants in the American Southwest, especially Los Angeles, San Jose, Phoenix, and El Paso, where their brand of tropical/Cumbia music is often performed in local ballrooms. Los Yonic's mix tropical music with softer ballads, and the combination has earned them several hits over their long career, including "I Am," "Sad Words," and "White Roses."

Los Caminantes are a Mexican Grupera band hailing from San Francisco del Rincón, Guanajuato led by singer-songwriter Agustín Ramírez. Originally named Los Caminantes Aztecas, the group was formed by brothers Agustín, Brígido, Horacio, Martín and along with Humberto "Pecas" Navarro in the mid-1970s. They released Supe Perder in 1983 on Luna Records that Included hits, "Supe Perder," "Para Que Quieres Volver" and "Dime Si Me Quieres." Throughout the mid '80s to mid '90s, the band had a number of Billboard chart hit albums such as 1986's De Guanajuato...Para America! with hit song, "Amor Sin Palabras" ("Love Without Words"). Then tragedy occurred when younger brother Martín was killed in a bus accident and in the same year a tribute album, 1987's Gracias Martin, was dedicated to him. They earned a movie, 1989's Caminantes...Si Hay Caminos. Caminantes are also known for their playing of variety

Regional Mexican styles, e.g., Ranchera, Corrido, Balada, Cumbia, Banda and Mariachi. They have recorded over 30 albums throughout their career span and had numerous song collaborations with high profile Regional Mexican acts (Diana Reyes, Patrulla 81, Polo Urías y su Maquina Norteña, Banda Pachuco, etc.).

To this day, Agustín is the remaining original member of Los Caminantes after the departure of Horacio and the passings of Martín, Brígido and Humberto. The band continues to record and tour throughout the United States, Mexico, and Central America.

"This should be a fun night filled with oldies but goodies and we are pleased to present them to our guest," said Jim Valencia, Public Relations Coordinator for Eagle Mountain Casino.

Eagle Mountain Casino

Now has home baked

Cakes and Pies



for sale



Order yours now for

Your Special Occasion

Pies from \$8 to \$9

Cakes reasonably priced

Low and no sugar also available



Orders must be made

24 hours in advance



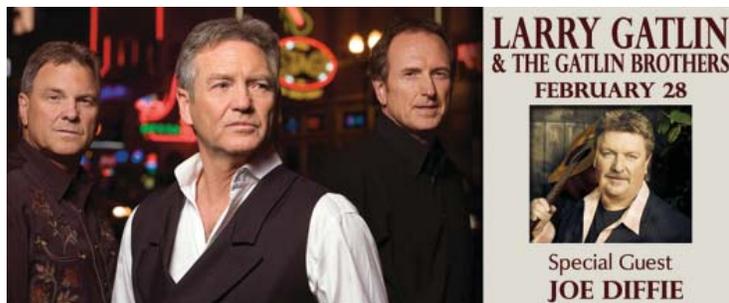
to order or for more information

call

788-6220

Ext 1959

Larry Gatlin & The Gatlin Brothers with Special Guest Joe Diffie to Appear at EMC



Eagle Mountain Casino is pleased to present two country music stars, singers, songwriters, Larry Gatlin - The Gatlin Brothers and Joe Diffie. They will appear at Eagle Mountain Casino on February 28 at 8 pm. Ticket start at \$30 for GA and \$40 for reserved seating, they are available at www.eaglemtncasino.com or 800-903-3353; so get your tickets now!

Larry Wayne Gatlin is an American country music singer/songwriter. He is perhaps best known for teaming up with his brothers Steve and Rudy in the late 1970s, becoming one of country music's most successful acts of the 1970s and 1980s. Gatlin has had a total of 33 Top 40 singles (combining his solo recordings and those with his brothers). As their fame grew, the band became known as Larry Gatlin & The Gatlin Brothers.

Their popularity lasted throughout much of the 1980s. Their biggest hits together include, "Broken Lady", "All the Gold in California", "Houston (Means I'm One Day Closer to You)", "She Used to Be Somebody's Baby", and "Talkin' to the Moon". Larry Gatlin is known for his rich tenor voice and for the string of pop-inflected hit songs he wrote and recorded throughout the 1970s and 80s..

After a 17-year absence from the Nashville recording and songwriting scene, Gatlin and his harmony-singing brothers, Rudy and Steve, are back with a new album, *Pilgrimage*, on Curb Records. Its title is a nod to Gatlin's first album, *The Pilgrim*, which debuted in 1974.

There are other parallels between the two works. Johnny Cash wrote enthusiastic liner notes for *The Pilgrim*, while his son, John Carter Cash, did the same for *Pilgrimage*. The younger Cash also produced updated versions of two songs from *The Pilgrim* that his father specifically praised in his notes, "Penny Annie" and "Sweet Becky Walker." Kris Kristofferson and Rita Coolidge sang harmony on the original "Sweet Becky Walker." Gatlin's daughter, Kristin, named in honor of Kristofferson, provides harmony for the newly recorded version.

Given Gatlin's track record, it's evident why every cut on *Pilgrimage* is a carefully polished gem. "Johnny Cash Is

Dead (And His House Burned Down)" is a rip-roaring hosanna to the Man in Black. "Black Gold," a co-write with Leslie Satcher, is a moving homage to Gatlin's oil-field worker father. "Say Nashville - Whadda Ya Say?" is a fence-mending peace offering to the town Gatlin now acknowledges as his "home away from home."

"It took me being 17 years away from Nashville to realize how much I loved the place," Gatlin muses. He credits Mike Curb, the music-loving and entrepreneurial owner of Curb Records, with seeing the potential of a newly energized Larry Gatlin & The Gatlin Brothers. "We are supposed to be doing this," Gatlin contends. "I really believe it's our time...our season."

Joe Logan Diffie Jr. is an American country music singer known for his ballads and novelty songs. After working as a demo singer in the 1980s, he signed with Epic Records' Nashville division in 1990. Between then and 2004, Diffie charted 35 cuts on the Billboard Hot Country Songs chart, including five number one singles: his debut release "Home", "If the Devil Danced (In Empty Pockets)", "Third Rock from the Sun", "Pickup Man" (his longest-lasting number one, at four weeks) and "Bigger Than the Beatles". In addition to these cuts, he has 12 other top ten singles and ten other top 40 hits on the same chart. He also co-wrote singles for Holly Dunn, Tim McGraw and Jo Dee Messina, and has recorded with Mary Chapin Carpenter, George Jones and Marty Stuart.

Diffie released seven studio albums, a Christmas album and a greatest hits package under the Epic label. He also released one studio album each through Monument Records, Broken Bow Records and Rounder Records. Among his albums, 1993's *Honky Tonk Attitude* and 1994's *Third Rock from the Sun* are certified platinum by the Recording Industry Association of America; 1992's *Regular Joe* and 1996's *Life's So Funny* are both certified gold. His most recent album, *Homecoming: The Bluegrass Album*, was released in late 2010 through Rounder. He also seems to have interest in the world of country rap (sometimes known as "hick hop") performing songs with The Jawa Boys and Colt Ford.

"We had a good time writing and recording my new song "Girl Ridin' Shotgun," and making a video for it," says Joe. "I've been writing with a lot of new artists and I never thought that collaboration with one of them would lead to this, but I'm really glad that it has. It's a different sound for me and I'm having so much fun with it all. I can't wait to see what the future brings!"

"The Gatlin Brothers and Joe Diffie are legendary country stars and I think this show will be very entertaining; we are pleased to present them to our guests," said Jim Valencia, Public Relations Coordinator for Eagle Mountain Casino."

Youth Athletics, Sports Strength, Conditioning and Boxing Fitness

Tule River DM Program Personal Trainer/ Instructor Aaron Alafa will be hosting health strength and boxing fitness for the Tule River Reservation. Tribal members, descendants and community youth members only.

Mission: Built for Life developed this training program specifically for TRIHC for the purpose of assisting the development of the Tribal Youth who need help with personal training, improving strength and conditioning for school athletics, improving confidence and reinforcing short term goals.

- 10-17 1/2 years old
- Transportation for youth provided by Tule Recreation Staff
- First 11 sign-ups guaranteed spot
- Every Friday leave Tule Gym at 5pm
- Return: 7:30pm
- Sign-up by: February 14th

Location:
304 Sequoia Circle,
Porterville,
Behind Napa Auto Parts



Feel free to contact the Tule River Recreation Department's Team Leader Brent Moody for any questions 559.782.5554 Ext. 2100

Valentine's Day "Sweetheart Special" at "The River Steakhouse"

THE RIVER STEAKHOUSE

Valentines Special

February 14 - 16 • \$35.00

Petite Filet Mignon
with 4 Tiger Prawns

Includes Dessert
Lovers Delight



Receive \$20 Bonus Cash or Chip with Each Purchase

Mixed Martial Arts

A Few Benefits for Your Child and You

- Increased self-confidence & respect
- Better coordination, balance and agility
- The ability to protect yourself from enemies within and without
- Strengthen your mind, your heart and your body.

Our Goal: Develop strong healthy helpers who have an excellent character and who are in excellent physical condition. Perform combative combinations with hands and feet.

Offering:

- ITF Tae Kwon Do
- UKIDOKAN Kickboxing

Contact and Non-contact training available

When: Mondays

- Youth: 6pm-7pm
- Adults: 7pm-8pm

Where: Tule River Recreation Department
CULTURAL ROOM



Learn the ways to preserve rather than destroy...

Feel free to contact the Tule River Recreation Department's Team Leader Darrell W. Garcia for any questions 559.782.5554 Ext. 2100.

Eagle Mountain Casino will be serving a Valentine's Dinner Special in "The River Steakhouse" starting Friday February 14 through Sunday February 16. This Sweetheart Special is a romantic dinner for two featuring this Entree.

- Petite Filet Mignon - 7oz.
- Four Tiger Prawns
- Wild Mushroom Risotto
- Grilled Asparagus
- A Panna Cotta Dessert – This Italian Classic is a layered dessert in a champagne flute consisting of Strawberry, Chocolate and Vanilla flavors; with Pistachio Cake layered in between.

This delectable dish is only \$35.00; so call and make your reservations now! With the purchase of this dinner, guest will receive \$20.00 in Bonus Cash or \$20.00 Bonus Chip. The "River Steakhouse" at Eagle Mountain Casino is open Wednesdays through Sunday from 5 p.m. to 10 p.m. and is now serving Prime Rib nightly; for reservations call 559-788-1861 or 559-788-1816.

\$730,000 in Jackpot Hit at EMC in the First Two Weeks of the New Year



Dolores Duarte, from Bakersfield hit a \$50,000 jackpot last month at Eagle Mountain Casino.

The whistles are blowing, the bells are ringing, and the sirens are screaming as jackpots are being hit one after another at Eagle Mountain Casino.

“This year is starting out HOT for guests at Eagle Mountain Casino,” said Jim Valencia, Public Relations Coordinator.

Albert Stevens, from Porterville went to Eagle Mountain Casino on January 1 to try his luck. As Albert played the Black & White Double Jackpot reel slot machine with Quick Hit feature, he had reason to smile as he hit the largest jackpot of his life taking home a cool \$10,000 jackpot.

After playing and losing some money Albert left the casino a little disgruntled. Thinking that his favorite slot machine was going to hit he decided to go back to Eagle Mountain Casino to see if his hunch would pay off. He put in \$20 and within two minutes three quick hits lined up on the reel pay line and Albert hit a \$10,000 jackpot,” said Jim Valencia, Public Relations Coordinator at EMC. “I couldn’t help myself; I knew that slot machine was going to hit so I went back up to EMC to give it another try. I put in \$20 and within a few minutes, the bells and whistles started blaring. I started jumping up and down, it was the largest jackpot I had ever hit,” said Albert of his good fortune. He continued by saying, “I love going to Eagle Mountain Casino because I win more often.”

“Also last month, Dolores Duarte, from Bakersfield hit a \$50,000 jackpot on a Black & White Double Jackpot reel slot machine with Quick Hit feature. Mildred Mettler, from Shafter was up to her old tricks and hit a \$20,000 jackpot on a Triple 7 Blazing Double reel slot machine as well, one of her many jackpots at Eagle Mountain Casino,” said Jim Valencia.

What's happening at EMC?



“This year started out HOT for guest at Eagle Mountain Casino,” said Jim Valencia, Public Relations Coordinator. “During the first two weeks of January we had Matt Allen, from Riverside win \$5,070 on a Black & White Double Jackpot reel slot machine. Tom Blanton, from Posey Won \$11,451 on a Double Jackpot Triple 7 reel slot machine. Linda Lackey, from Bakersfield won \$10,000 on Ten Times Pay reel slot machine. Margarita Prado, from Bakersfield won \$10,000.00 on the Black & White Double Jackpot reel slot machine and Mildred Mettler from Shafter won \$20,000 on the Blazing Double Triple 7 reel slot machine. We also had a \$730,000 jackpot hit in the last two weeks but the guest wanted to remain anonymous as many winners do.”

Eagle Mountain Casino is hosting Mega Scratch from January 6 through March 2 with a chance to win the \$100,000 grand prize. The weekly Super Slot tournaments, Wednesday, Thursday and Friday started January 2 and have been extended through February 28. Tournament times are now Monday and Tuesday from 10:30 a.m. to 1 p.m. and Wednesday through Friday 4 p.m. to 6 p.m. with the total of \$193,800 up for grabs. For more tournament information, contact a Summit Club Supervisor, 800-903-3353.

EAGLE MOUNTAIN



Casino

*What's Happening
in the Event Tent*



Los Yonics
Los Caminantes
14 de Febrero

February 14 - LOS YONIC'S & LOS CAMINANTES - General Admission \$30, Reserved \$40 - Doors open 7 p.m., show 8 p.m.



**LARRY GATLIN
& THE GATLIN BROTHERS**
FEBRUARY 28
**Special Guest
JOE DIFFIE**

February 28 - LARRY GATLIN & THE GATLIN BROTHERS - Special guest **Joe Diffie** - General Admission \$30, Reserved \$40 - Doors open 7 p.m., show 8 p.m.

March 29 - CRENDENCE CLEARWATER REVISITED - General Admission \$30, Reserved \$40 - Doors open 7 p.m., show 8 p.m.

Please note: "Concerts are open to persons under 18, for Tribal members only, excluding adult comedian shows and the Warrior's Cage Fights."

**Eagle Mountain Casino proudly presents
Live Music in the Lounge
Every Friday & Saturday nights
from 9 p.m. to 12 a.m.**

- February 7 & 8** **G-Six**
- February 14 & 15** **Long Riders**
- February 21 & 22** **Quien**
- February 28 & March 1** **Ike Cross**



February 6 - TACHI PALACE FIGHTS - Ticket Prices: \$34 - \$125 - Tickets on sale now! - Bingo Hall doors open 6 p.m. Show time 7 p.m. Premiere Club Members receive \$5 off per ticket when purchased at the Hotel Gift Shop only.



February 20 - AIR SUPPLY - Ticket Prices: \$30 - \$ 70 - Tickets on sale now! - Bingo Hall doors open 6 p.m. Show time 7 p.m. Premiere Club Members receive \$5 off per ticket when purchased at the Hotel Gift Shop only.

Eagle Mountain Presents...

\$100,000 MEGASCRATCH 5 Guests Could Win
\$1,000 to \$100,000
January 6 - March 2



Lost Keys?

There are several sets of lost keys at the Tribal Office. If you are missing your keys and can describe them check with the front desk at the Tribal Office to claim your keys.



FEBRUARY BIRTHDAYS

*Tribal Council wishes all a very
Happy Birthday!*

February 1

Freda D. Carothers
Kash R. Chico
Richard D. Facio
Renee M. Morgan

February 2

Kendall D. Bays
Roseann M. Gonzales
Byron O. Morgan
Lucas J. Pitigliano
Warren J. Rubio Jr.

February 3

Kyler J. Chico
Viola G. Silvas

February 4

Merrissa M. Camarena
Diamond S. Carrillo
Pedro A. Christman
Angel T. Corona
Harvey J. Lenares
Tyberius C Peyron

February 5

Myson D. Anderson
Tenaya P. Bounsavang
Aliyah R. Christie
Marcus Hunter III
Julia L. Munoz
Koda L.B. Quintero

February 6

Sterling I. Flores
Lawrence J. Macias
Anamaree Martinez
Daniel H. Williams

February 7

Thomas A. Carrillo
Norissa S. Franco

February 8

Jessica R. James
Paul M. Maldonado
Veronica E. McDarment
Phillip K. Peyron
Owen V. Rubio
Patsy J. Vega
Chace D. Williams

February 9

Chloeann J. Alvarado
Louie J. Arroyo Sr.
Charles P. Dabney III
Bernadette E. Garfield
Paul Lara Sr.

Thomas I. Perez Jr.
Carla L. Tourville

February 10

Ashley Carothers
Charmaine A. McDarment
Tell M. Rubio

February 11

Stephanie E. Guillen

February 12

Damron W. Alto
Darleen P. Bennett
Preston S. Vega
Kerri M. Vera

February 13

Troy N. Garcia
Nick Martinez
Ricky Martinez

February 14

Alan I. Gonzalez
Valentino R. Lara Sr.
Victor I.K.Y Ramos

February 15

Bernadette A. Anderson
Avanaco Cabral
Carlos J. Desoto
Garrett K. Franco
Bernadette T. Gomez
Roderick R. Gomez
Frank Hernandez Jr.
David R. Moreno
Onaya R. Rubio
Gilbert D. Williams

February 16

Tiffany A. Byars
Alicia E. Martinez

February 17

Johnnie A. Bennett
Celestina P-C Manuel
Paul A. Manuel Jr.
Theodore W. Vega

February 18

Fred A. Burrough
Martin R. Flores

February 19

Claude L. Desoto III
Johnny R Franco Jr.
Fernondo A. Hunter
Luticia R. Sands

February 20

Terry A. Carrillo
Anthony R. Chavez
Carolyn M. Delmuro
William E. Franco
Larry W. Garfield Jr.
Andrea M. Luther
Kea C. Ortiz

February 21

Roman L. Aceves
Brienne L. Franco
Julian J. Hunter
Melissa M. McDarment
Rita R. McDarment
Yolanda Moisa
Sho-Kio M. Peyron

February 22

Randal R. Albitre
Ronald L. Carabay Jr.
Andrew E. Celaya
Ke'ana S. Franco
Christian B. Guzman
Lee F. Lara Jr.

February 23

Devin Z-H. Crook
Naomi F. Gibson
Jasmine R. Lenares
Stephanie J. Roberts

February 24

Benjamin M. Franco
Jennifer N. Ledesma

February 25

Chelsea M James
Orlisia M. Morgan
Rosalie C. Ortiz
Daniel J. Robles

February 26

Orval M. Castro
Kai E. Franco
Brenda Salas

February 27

Maryrose Barrios
Rhonda R. Belcher
Nayeli L. Franco
Eval D. Garfield
Adam J. Gomez
Richard A. Martinez
Floyd G. Sorondo
Evan L. Tyson-Williams

February 28

Sandra L. Barrios
Raymond P. Flores Sr.
Tew-Iss K.A. Franco
Girard D. McDarment Sr.
Brandon K. Y. McDarment Moreno

Happy
Valentines

Route 9 expanded on July 1st

Porterville Transit has expanded Route 9 and times of the schedule have changed as of July 1st. Below is the new schedule. Bus transportation is still free to all Tribal Members.

Transit Center	S. Plano and Olive	S. Plano and Andres	S. Plano and Chase	Eagle Mtn Casino Park n Ride	Tribal Office (Southside)	Eagle Mtn Casino	Reservation Rd Loop	Eagle Mtn Casino	Tribal Office (Northside)	Eagle Mtn Casino Park n Ride	Eagles Nest	S. Plano and Poplar	S. Plano and River	S. Plano and Miranda	South County Justice Center	Transit Center
6:00 AM	6:03 AM	6:04 AM	6:06 AM	6:13 AM	6:38 AM	6:45 AM	6:52 AM	7:00 AM	7:02 AM	7:30 AM	7:36 AM	7:41 AM	7:43 AM	7:45 AM	7:47 AM	7:49 AM
7:00 AM	7:03 AM	7:04 AM	7:06 AM	7:13 AM	7:38 AM	7:45 AM	7:52 AM	8:00 AM	8:02 AM	8:30 AM	8:36 AM	8:41 AM	8:43 AM	8:45 AM	8:47 AM	8:49 AM
8:00 AM	8:03 AM	8:04 AM	8:06 AM	8:13 AM	8:38 AM	8:45 AM	8:52 AM	9:00 AM	9:02 AM	9:30 AM	9:36 AM	9:41 AM	9:43 AM	9:45 AM	9:47 AM	9:49 AM
9:00 AM	9:03 AM	9:04 AM	9:06 AM	9:13 AM	9:38 AM	9:45 AM	9:52 AM	10:00 AM	10:02 AM	10:30 AM	10:36 AM	10:41 AM	10:43 AM	10:45 AM	10:47 AM	10:49 AM
10:00 AM	10:03 AM	10:04 AM	10:06 AM	10:13 AM	10:38 AM	10:45 AM	10:52 AM	11:00 AM	11:02 AM	11:30 AM	11:36 AM	11:41 AM	11:43 AM	11:45 AM	11:47 AM	11:49 AM
11:00 AM	11:03 AM	11:04 AM	11:06 AM	11:13 AM	11:38 AM	11:45 AM	11:52 AM	12:00 PM	12:02 PM	12:30 PM	12:36 PM	12:41 PM	12:43 PM	12:45 PM	12:47 PM	12:49 PM
12:00 PM	12:03 PM	12:04 PM	12:06 PM	12:13 PM	12:38 PM	12:45 PM	12:52 PM	1:00 PM	1:02 PM	1:30 PM	1:36 PM	1:41 PM	1:43 PM	1:45 PM	1:47 PM	1:49 PM
1:00 PM	1:03 PM	1:04 PM	1:06 PM	1:13 PM	1:38 PM	1:45 PM	1:52 PM	2:00 PM	2:02 PM	2:30 PM	2:36 PM	2:41 PM	2:43 PM	2:45 PM	2:47 PM	2:49 PM
2:00 PM	2:03 PM	2:04 PM	2:06 PM	2:13 PM	2:38 PM	2:45 PM	2:52 PM	3:00 PM	3:02 PM	3:30 PM	3:36 PM	3:41 PM	3:43 PM	3:45 PM	3:47 PM	3:49 PM
3:00 PM	3:03 PM	3:04 PM	3:06 PM	3:13 PM	3:38 PM	3:45 PM	3:52 PM	4:00 PM	4:02 PM	4:30 PM	4:36 PM	4:41 PM	4:43 PM	4:45 PM	4:47 PM	4:49 PM
4:00 PM	4:03 PM	4:04 PM	4:06 PM	4:13 PM	4:38 PM	4:45 PM	4:52 PM	5:00 PM	5:02 PM	5:30 PM	5:36 PM	5:41 PM	5:43 PM	5:45 PM	5:47 PM	5:49 PM
5:00 PM	5:03 PM	5:04 PM	5:06 PM	5:13 PM	5:38 PM	5:45 PM	5:52 PM	6:00 PM	6:02 PM	6:30 PM	6:36 PM	6:41 PM	6:43 PM	6:45 PM	6:47 PM	6:49 PM
6:00 PM	6:03 PM	6:04 PM	6:06 PM	6:13 PM	6:38 PM	6:45 PM	6:52 PM	7:00 PM	7:02 PM	7:30 PM	7:36 PM	7:41 PM	7:43 PM	7:45 PM	7:47 PM	7:49 PM
7:00 PM	7:03 PM	7:04 PM	7:06 PM	7:13 PM	7:38 PM	7:45 PM	7:52 PM	8:00 PM	8:02 PM	8:30 PM	8:36 PM	8:41 PM	8:43 PM	8:45 PM	8:47 PM	8:49 PM
8:00 PM	8:03 PM	8:04 PM	8:06 PM	8:13 PM	8:38 PM	8:45 PM	8:52 PM	9:00 PM	9:02 PM	9:30 PM	9:36 PM	9:41 PM	9:43 PM	9:45 PM	9:47 PM	9:49 PM
shaded Area = Weekend Service																

FEBRUARY EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p>U.N.I.T.Y. Youth Council <i>Meets Every Tuesday at 5 p.m.</i></p>					
2	<p>3 Yoga 10 a.m. Personal Trainer 11 a.m. Young Girls 4 p.m. Prevention UCLA 5 p.m. UCLA Practice 6 p.m. MMA 7 p.m. Men's Basketball 8 p.m.</p>	<p>4 TRTC Meet 9 a.m. Tule River Youth 3 p.m. Youth Basketball 5 p.m. Teen Weight Lifting 6 p.m.</p> 	<p>5 Yoga 10 a.m. Personal Trainer 11 a.m. Adult Beading 4 p.m. Tule River Youth 4 p.m. FAS Girls 5:30 p.m. Tree Planting meet 6 p.m. UCLA Practice 6 p.m. Men's Basketball 8 p.m.</p>	<p>6 TRTC meet 9 a.m. Basketweaving 1 p.m. Tule River Youth 3 p.m. Young Ladies 4:30 p.m. Youth Basketball 5 p.m. Teen Weight lifting 6 p.m. Women's Wellness 6 p.m.</p>	<p>7 Personal Trainer 6 a.m. & 11 a.m. Yoga 10 a.m. Healthy Topics 4 p.m. Language, Arts & Crafts 4:30 p.m. BART 5:30 p.m.</p>	<p>1 Youth Basketball @ McDermott Field House</p> 
9	<p>10 Yoga 10 a.m. Personal Trainer 11 a.m. Young Girls 4 p.m. Prevention UCLA 5 p.m. Youth Basketball 5 p.m. UCLA Practice 6 p.m. MMA 7 p.m. Men's Basketball 8 p.m.</p>	<p>11 TRTC Meet 9 a.m. Tule River Youth 3 p.m. Positive Parenting 5 p.m. Teen Weight Lifting 6 p.m. PMS-NAC</p> <p>Youth Basketball Awards Dinner 5:30 p.m.</p>	<p>12 Yoga 10 a.m. Elder Meeting 10 a.m. Personal Trainer 11 a.m. Adult Beading 4 p.m. FASGirls 4 p.m. Tule River Youth 4 p.m. UCLA Practice 6 p.m. Youth Basketball 5 p.m. Men's Basketball 8 p.m. PHS-NAC</p>	<p>13 TRTC meet 9 a.m. Health Walk 10 a.m. Basketweaving 1 p.m. Young Ladies 4:30 p.m. Harlem Globetrotters Incentive Trip 4:30 p.m. Native Vets 5:30 p.m. VAN-NAC</p> 	<p>14 Personal Trainer 6 a.m. & 11 a.m. Yoga 10 a.m. Healthy Topics 4 p.m. Language, Arts & Crafts 4:30 p.m. Boxing Class 5 p.m. BART 5:30 p.m. Boxing Class 5 p.m. GHHS-NAC</p>	<p>15 Community Tree Planting</p>  <p>8 a.m. to 12 p.m.</p>
16	<p>17</p> 	<p>18 TRTC Meet 9 a.m. Tule River Youth 3 p.m. Positive Parenting 5 p.m. Youth all-Star Basketball Try-Outs 5 p.m. Softball Practice 5 p.m. Teen Weight Lifting 6 p.m.</p>	<p>19 Yoga 10 a.m. Personal Trainer 11 a.m. Adult Beading 4 p.m. MMA 6 p.m.</p> <p>Tule River Tribal Council Forum 6 p.m.</p>	<p>20 TRTC meet 9 a.m. Basketweaving 1 p.m. Tule River Youth 3 p.m. Young Ladies 4:30 p.m. All Star Practice 5 p.m. Women's Wellness 6 p.m. Teen Weight lifting 6 p.m.</p>	<p>21 Personal Trainer 6 a.m. & 11 a.m. Yoga 10 a.m. Healthy Topics 4 p.m. Language, Arts & Crafts 4:30 p.m. Boxing Class 5 p.m. Drumming & Dance 5 p.m. BART 5:30 p.m.</p>	<p>22 Youth Baseball Camp 11 a.m. Softball Camp 1 p.m.</p> <p>Elections 8 a.m. to 8 p.m.</p> 
23	<p>24 Yoga 10 a.m. Personal Trainer 11 a.m. Prevention UCLA 5 p.m. Youth Basketball 5 p.m. UCLA Practice 6 p.m. MMA 7 p.m. Men's Basketball 8 p.m.</p>	<p>25 TRTC Meet 9 a.m. Positive Parenting 5 p.m. All-Star Basketball Practice 5 p.m. Softball Practice 5 p.m. Teen Weight Lifting 6 p.m. PMS-NAC</p> 	<p>26 Yoga 10 a.m. Personal Trainer 11 a.m. Adult Beading 4 p.m. UCLA Practice 6 p.m. Youth Basketball 5 p.m. Men's Basketball 8 p.m. PHS-NAC</p>	<p>27 TRTC meet 9 a.m. Basketweaving 1 p.m. Young Ladies 4:30 p.m. Softball Practice 5 p.m. Character Counts Banquet 5:30 p.m. Teen Weight lifting 6 p.m.</p>	<p>28 Personal Trainer 6 a.m. & 11 a.m. Yoga 10 a.m. Language, Arts & Crafts 4:30 p.m. Boxing Class 5 p.m. Drumming & Dance 5 p.m. Boxing Class 5 p.m. GHHS-NAC</p>	

TRIBAL OFFICES

781-4271

AERO	791-1866	PTRVL STUDY CENTER	781-1761
CASINO	788-6220	TANF-PRTVL	791-9271
CHILD CARE	781-2519	TANF-TULE	782-8211
ED. CENTER	784-6135	TRAP	781-8797
ELDERS	793-1779	TRAP LODGE	781-0636
FIRE DEPT.	784-1590	TREDC	783-8408
GAMING COMM.	781-3292	TRIBAL POLICE	791-2123
GAMING SECURITY	788-6230	TULE RIVER GYM	782-5554
TULE GYM	782-5554	USDA	781-3128
TULE HEALTH	784-2316	WAREHOUSE	788-2902
TULE HOUSING	784-3155	WATER PLANT	781-8532
NAT. RESOURCES	791-2126	PUBLIC WORKS	783-9594
MAINTENANCE SHOP	784-5729	TELECOMMUNICATIONS	783-9537
PORTERVILLE AVIATION	784-9460	ENVIRONMENTAL/FORESTER	783-8892

The Tule River Newsletter is Published the first week of every month at the Tule River Tribal Office. Deadline for the Newsletter is the 25th of every month for the following month's newsletter. Submissions may be made by dropping them off at the Tribal Office, calling Frances Hammond at (559) 781-4271 ext. 1047, fax (559) 781-4610 or by e-mail at frances.hammond@tulerivertribe-nsn.gov. The Tule River Newsletter is now available on line at www.tulerivertribe-nsn.gov.



Tule River Tribal Council
340 N. Reservation Rd.
Porterville, CA 93257

PST STD
US Postage Paid
Porterville, Ca
Permit No. 589

Return Service Requested